

Inspiration

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REG. U. S. PAT. OFF.

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JANUARY

Inspiration

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Edited by GUSTAVE L. WEINSE

Scanning the Horizon

A new year has dawned. Don't the years roll by swiftly though? It seems but just a short time ago that we were exchanging that glad welcome Happy New Year! And now we are ready for it again. So here is my greeting. I wish you a Happy New Year! May this year bring you greater blessings than you have ever before enjoyed, blessings that are bound to come if you help make them come.

As a people we are more or less concerned as to what a new year may bring to us, and at its dawn we are somewhat inclined to look into the future—to scan the horizon, as one might say—with the hope that we may learn of its promises.

We are living in an age when there are more and harder problems to solve than the world has ever known before. There have been trying times before, but all of them pale into insignificance when we compare them with what all nations have been passing through recently. But the time is surely coming when the reestablishment of all our forces for prosperity will become a reality, when we may truly feel that we are not toiling and struggling and hoping in vain.

What will you do toward making 1922 the best year we will have had for many a day? Between you and me, I cannot see how prosperity will come unless we all take part in making it. So, be your part and mine great or small, let us resolve to put forth greater effort. Let us cast aside any desire we may harbor for personal gain and work for the good of all. Let us strive harder to equip ourselves with the knowledge we need to help ourselves and others. Let us aim to be helpers rather than hinderers. Let us "do unto others as we would have others do unto us."

Then, as we scan the horizon to learn what 1922 has to offer, we shall see a vision in which the bright rays of prosperity, happiness, and contentment are not only overshadowing those of distress, disappointment, and restlessness, but driving them into oblivion.

How Is Your Eyesight?

Would you believe that in this day and age there are so many who do not realize that one of the great helps to success is good eyesight? The Eyesight

Between You and Me

BY THE EDITOR

Conservation Council of America tells us that out of 100,000 pupils in the New York public schools who fail to be promoted each year 50,000 have defective eyesight and 25,000 are suffering the humiliation of being "left-backs" simply because they are desperately in need of glasses.

And what is true of children is true in a large measure of grown-ups—imperfect eyesight is interfering with the progress of many. We must not abuse our eyes if we would have them function as they should.

Much harm can be done by reading or working in a bad light or by using the eyes excessively. Using such drugs as belladonna to make the eyes shine is harmful. Drugging them gives merely temporary relief, and blurred glasses are only "blinders." There is danger, too, in buying glasses without first consulting a specialist. In fact, there is really only one way in which defective eyes can be kept open to see everything they are intended to see and still be enabled to function normally, entirely free from muscular and nervous strain, and that is by wearing correctly adapted glasses.

Do all you can to keep your eyes in good condition, for they are friends indeed. And, if you are blessed with children, watch them and try to see that poor eyesight or any other physical defect does not retard their rightful heritage—health, happiness, and prosperity.

A Splendid Investment

Would you like to make a really splendid investment?

Well, then, here is an opportunity that you cannot afford to let pass by.

Begin on New Year's Day to greet others with a word or two of encouragement. Show them by action and deed that you are happy in the present and confident of the future. Continue to invest in this way day in and day out throughout the year. If you have discouragements, hide them from view. If you have sorrows, try to bear them bravely. If you have good fortune, spread it everywhere.

Such an investment will not take much effort on your part after you get started, and O the returns you will reap! They will not be dividends in dollars and cents, but dividends in the form of something that money cannot buy—happiness.

The Understanding Heart

A GROUP of us sat a talking the other day about friends and relatives who we felt understood us. Parts of the conversation have returned to me so many times that I yield to the temptation to tell you about them. Our talk started out with the mention of a quotation with which I believe most of you are familiar:

"Oh, the comfort, the inexpressible comfort of feeling safe with a person—having neither to weigh thought nor measure words, but pouring them all right out just as they are, chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping, and with the breath of comfort blow the rest away."

Immediately the question came, how many people do we know who are like that? How many have we ever known with whom we felt entirely free, with whom we could think aloud, with whom we could talk without being misunderstood, challenged, or discountenanced. Then the question was just like this: Is it genuine friendship unless it is perfect understanding, unless you can express yourself comfortably without being on guard or without tedious explanations?

OUR measure of friendship, of understanding, of appreciation, must be from our realization of them. Things of the heart touch us as nearly as our own experiences will allow. "It is something to have an influence on the fortunes of mankind; it is greatly more to have an influence on their intellects, on their souls and their attitude toward life."

Nothing influences the soul for good more than an understanding heart. In my life the greatest example of this is that of a great uncle, the good man who raised my mother. It was not his experience in living, his money, or his ability that caused my grandmother to ask him, her brother-in-law, in his youth, to look after her six children when she knew the end was near. It was because she knew his heart that she left him such a trust. He accepted it, never married, but devoted his life to bringing up these children. My mother was the baby, so when she grew up and married this dear old uncle lived with her.

MANY remarked of the unselfishness of this man, of how much he, as an individual, sacrificed in giving his life to these, his older brother's children. But he never seemed to sense any sacrifice and no man ever had children or grandchildren of his own who loved him more devotedly than did my brothers and sisters and myself.

He was the only elderly person that we

By MARY BROOKS PICKEN
Director of Instruction



ever had in our family, and when I see old people outliving their usefulness and being tolerated by their children, when I see middle-aged people growing older and considering only their own selfish interest or inclinations, I realize more and more the greatness of the man we lovingly called Uncle "Like."

Many times we children actually cried for disappointment because, by agreement, it was the privilege of another one that day to lead this dear, feeble, dim-eyed man to dinner or supper. Often we children tried to buy turns from the younger ones with pennies or candy, because to do a service for this treasured old man was the happiest thing in the day.

WHEN the relatives came to try to persuade him to visit them, we children would not leave him, for we knew that when he sensed the pain his going would cause he would not go.

Though he was very frail, no one ever heard him complain. He was never too tired to tell a story, and when he turned his story so that the moral of it touched upon a wrong we had done that day, our

shame was too great to remonstrate. The closer we cuddled to him, the more definitely it assured him that we would never do such a thing again.

OFTEN, as a little girl, I thought of him and what it was about him that we all loved so much. As the years pass, I realize that it was his understanding, his concern of our feelings, his appreciation of our weaknesses. When we were rebuked at school, were "spelled down," when we stubbed our toes, skinned our knees, it was his often unspoken, understanding friendliness that helped us adjust ourselves to the humiliation or the pain.

It was his interest in our good grades and his excuses for our poor ones that made us run to him with our report cards and led us to be honest in reading the percentages, which he could not see. It was his understanding, greater than pity, less selfish than love, that made us feel free to tell him that we were afraid to put the worm on the hook when fishing and ask him to do it, to feel free to go to him with an empty cup when wild strawberry hunting and confess that the reason we did not have any was that we had eaten all we picked.

His friendship was sure; 'twas a stable thing. We knew his kind humor would be the same when we got home from school as when we hurried away in the morning. We almost always ran a race on the last hundred yards to get home first to tell him the happenings of the day, always knowing that he would defend us in the right, help us to right the wrong, tolerate or subdue us when we were selfish or bigoted.

THIS uncle has been gone many years; yet even now, when my own family are together, we talk of him as our friend, for the principles that he believed in are in our hearts, the friendship that he supported inspires and directs us.

He never scolded nor spoke unkindly, never criticized; yet we knew that his standards meant that every piece of candy, every apple, should be equally shared; that a lie never could be hidden, that it had to be dissolved. When we were in trouble, he was willing that we should hide behind his chair, but his lap always invited us to come around front and we knew that the only way we could do that was to tell him all about it.

The life of Uncle Like to me is proof that good does not die. The influence of a heart that loves to the point of understanding will live on and on because through such influence comes the permanence of life.

"We can sometimes love what we do not understand, but it is impossible completely to understand what we do not love."

"The career of a good man remains an enduring monument of human energy. The man dies and disappears, but his thoughts and acts survive, and leave an indelible stamp upon his race."

Hatting the Unusual Type

WHILE it is the chief aim of every millinery designer to create hats that possess charm, express individuality, and at the same time embody the lines and features of the prevailing fashion, which at present is decidedly in favor of the slender silhouette, there is a type that proves rather difficult to hat, and this is the woman who, though not mature in years nor overburdened with flesh, is built on large proportions. This type is very much neglected, especially when the style trend is for the close-fitting natty toque effect.

The great majority of the youthful models being constructed with small head-sizes lose their effect entirely when tried on this type and prove wholly unsatisfactory for her. Then, in order to procure a hat that fits properly, the sailor or hat designed for matrons is the next resort, but these are equally inadequate. However, there is no real cause for discouragement, for, with some careful thought and consideration, this little handicap can be overcome. Of course, this does not mean that the hats should be constructed in larger size; that cannot be done. Rather, the shape must be remodeled to suit. Every individual has both good and poor points in her general make-up and these points must be studied closely by the designer so that she may be able, in developing the hat, to bring out or emphasize the superior points and lessen or cover up entirely the unfavorable ones.

THE accompanying illustrations show three distinctive models that are designed especially for the young woman that is proportionately larger than the average. Each of these models, in its construction, possesses the striking features of the present-day mode and is made sufficiently big to fit well down on the head without being extra large in size or conveying the impression that it is.

Since revealing the features is the most popular theme in hats at present, incidentally the off-the-face, or rolled-up, front brim and short back are with us still, and from all indications promise to remain, much to the satisfaction of all concerned, for the reason that they afford excellent possibilities for this particular type.

THE model illustrated at the left is especially smart for one who has features that are large and quite pronounced and whose neck is rather long. This soft crushed brim, which flares back in the direct front and broadens out at the side, forming a slightly rolled brim across the back, provides ample opportunity for adjusting the velvet and shaping the brim at a becoming

By MARY MAHON
Department of Millinery



angle to give a softening effect to the features.

In the development of this hat, the first and most important item is the head-size. This should be made large enough to fit down well on the head, and the foundation brim should be made of the lightest weight material available in order not to add weight to the hat.

Velvet in the new tile blue shade is used in constructing this model, and two bias strips are cut sufficiently wide to reach from the head-size on top out over the edge into the head-size underneath, with a few extra inches allowed for softness. These strips are joined together to form a ring, which, beginning at the right side, is laid in even folds or plaits across the front. These folds have a tendency to slant toward the left side where they widen out, the velvet continuing across the back with only a slight fullness.

After the velvet is shaped down to the head-size on top and sewed secure, the next consideration is the crown. In nearly all cases, a foundation crown should not be used for this type. Sometimes, in order to obtain a good line, it may be necessary to apply the material over the foundation crown and then cut it away and attach the crown to the brim. For this brim, a four-piece sectional crown made just large enough to fit down over the head is used, a cap lining providing the necessary stiffness.

In not using the foundation crown lies the secret of success in developing this type

If unkind words are said to me,
help me to forgive and forget
them, to wipe them away as the
wet sponge of a child wipes out
the figures on a slate.

of hat. With the large head-size, a crown large enough to fit it would stand out and give the hat a bulky appearance; whereas, with the snug-fitting crown following the line of the head, this otherwise heavy brim can be shaped back over it, dispelling the appearance of largeness and giving line and grace to the hat.



Although soft in appearance, its simple trim, which consists of an ornamental pin, develops it into a trotteur of studied simplicity.

THE model illustrated at the center is another

pleasing combination that proves exceedingly becoming to one whose face is round and plump. In this model, the plain-fitted, wing-shaped brim partakes of a semi-soft crown that is also used

without a foundation, depending for support on a cap lining that is made large enough to allow the hat to fit well down on the head.

The brim revers, which extend out a trifle in the center front, curve out at the sides, and continue in a narrow rolled brim at the back. The brim is fitted plain of Bagatelle satin and the crown is made of a circular piece of the material about 16 inches in diameter. Three rows of fine shirring are run around the edge and then drawn up to fit the head-size band.

An ostrich mound is poised at the left side front, leaning toward the front, but the arrangement of this trimming should be governed by the wearer. In some cases the height may be more becoming at another place.

IN the model at the right, we have a decidedly clear-cut, angular contour produced by the brim's being shaped up in a dashing flare, but not a severe or sharp turn. The easy roll at the left side is shaped into the crown in the direct front and then out a trifle to form a box-plait, and then is continued in a slight flare up to the point at the right side. This brim is fairly large but perfectly proportioned, so it does not appear awkward on the head. This entire hat is fitted plain.

The crown, a two-piece balloon effect, is made just large enough to fit the head-size snugly, and instead of the side crown's being draped, it is cut just wide enough to permit the head to go well up in it, or about 5 inches deep. A filigree comb is thrust through the dents in front and the effect thus gained is one of simple elegance.

New Notes in *Lingerie* Designs

JANUARY, the month of white sales, brings lingerie to the fore, but the term "white sales" so far as it includes lingerie is now used more as a result of habit than for its appropriateness. Some time ago, lingerie departed from its time-worn custom of disregarding color by appearing in tones of flesh and then, as if encouraged by this step, ventured to adopt many of the pastel hues. Public approval readily put its stamp on these innovations, whereupon lingerie, with unbounded courage, set out to make itself a much more imposing factor than even the fondest dreams of its white age portrayed.

As to color and variety, there seems to be no limit to its aspirations. Even the dark colors that are on Fashion's calendar this season do not hesitate to step into the realm of lingerie, and as black is very prominent on this list it, also, receives a degree of attention that compares favorably with its success in outer garments.

IN many undergarments, a fabric of contrasting color applied in novel manner provides the trimming. The chemise at the upper left illustrates such a combination, in this instance, bisque forming the main portion of the garment and peach color the band and shoulder straps and also the squares that are hemstitched in position. The ribbon that is drawn through hemstitched slits in the squares may be omitted, if desired.

Our French sisters consider that for wear under one-piece dresses they must have costume slips. American women, too, seem to be accepting them with eagerness, having found that their simple straight lines provide just the right foundation for present-day styles. The model illustrated is of black crêpe de Chine with bound scallops and sash of bright green.

A short negligee is more convenient for some purposes than one of full length. Besides, it is suitable for use as a combing jacket or, for an invalid, as a bed jacket. The style at the upper center is one that, although simple, might be made attractive even in very inexpensive material, provided the proper colors are selected for its development. For instance,

By ALWILDA FELLOWS
Department of Dressmaking

used is white crêpe de Chine. The insertion in the camisole is bound on both edges with wash ribbon and these bindings ornamented

at frequent intervals with French knots. In the drawers, the inserted sections at the sides consist of a series of rows of gathered lace.

A very colorful tan, which is really a slightly grayed orange color and is similar to "honeysuckle" in the Fall Textile Color Card, is at present one of the most popular lingerie

colors. This color in crêpe de Chine is used for the nightgown shown at the lower center. Machine hemstitching and pin tucks provide the trimming.

The simulated yoke sections at the neck line are effected by first cutting the neck portion in square outline, but 2 or 2½ inches higher than it is desired at the sides, front, and back, and then slashing diagonally from each corner to the desired depth and turning under the surplus material. To finish the turned-back portions, turn under all the raw edges just a trifle and baste them flat; then have them machine-hemstitched. This hemstitching will extend through the corners of the nightgown and provide a firm finish that will prevent them from tearing out.

If you prefer not to have the nightgown machine-hemstitched, it will be advisable to tailor the corners according to the instructions given in Art. 7, of *Tailored and Lingerie Blouses*, Part 2. You may then use a simple embroidery-stitch to outline the yoke effects.

THE influence of Russian peasant blouses is making itself very keenly felt. Many of the models that are shown are almost exact duplicates of the type that has been worn by Russian peasants for so many years, with the exception of the materials used.

In accordance with the prevalent vogue for crêpes, white crêpe de Chine is generally employed, as in the blouse at the left, and the embroideries in a variety of bright peasant colorings worked in mercerized thread rather than in silk or wool.

The blouse at the right is of fine voile with pin tucks carried out in elaborate detail. The collar is added in case the peasant neck line proves unbecoming.



Japanese crêpe in a soft orange color with blanket-stitching of medium blue wool would be very effective. If you prefer silk, however, you might choose orchid crêpe de Chine and use heavy embroidery floss of a deeper shade of orchid for the blanket-stitching.

WITHOUT the aid of a pattern you will be able to duplicate the design of the nightgown at the upper right, for the sleeves and shoulder portions consist merely of straight pieces of material and these are attached to another straight piece, which is extended in band effect around the body. This model is of flesh-colored batiste with a twisted running-stitch in flesh and pale blue securing the hems, as illustrated.

If you have preference for white lingerie, you will do well to select lace as its trimming, as shown in the camisole and drawers at the extreme upper right. The material



Making Winter Vegetables Tempting

WITH our improved methods of shipping and refrigeration, the markets in some communities abound in all varieties of vegetables during the winter. But there are many housewives who must depend on the vegetables they canned or stored in the fall. Although this fact leads some of them to grow conservative in their methods of preparing vegetables with the result that their meals become monotonous and unattractive, such a condition may be easily reversed.

In reality, the winter vegetables offer just as many possibilities as the summer or hot-house varieties if a little effort and ingenuity are expended on them. And, besides, their food value is a significant factor, for they provide the much needed bulk in our meals and supply us with valuable minerals.

DICED TURNIPS

So many persons attempt to do nothing further with turnips or rutabagas than to boil and then mash them. But these make a very dainty and attractive dish, especially the yellow ones, if they are cut into dice, boiled in salted water, and then served with butter and parsley or with a well-seasoned white sauce. If you have never combined diced cooked turnips with Hollandaise sauce, seize your first opportunity to give your family this excellent dish.

HOLLANDAISE SAUCE

4 Tb. fat	1 tsp. salt
2 egg yolks	Dash of pepper
1 Tb. lemon juice	3 c. boiling water
1 tsp. paprika	1 Tb. chopped parsley

Melt the fat in the upper part of a double boiler, add the egg yolks, lemon juice, paprika, salt, and pepper. Beat well and add the water. Stir over boiling water until the sauce thickens. Add the parsley.

WHOLE ONIONS

As a winter vegetable, onions occupy a prominent place. With a little care, this modest vegetable may be made tempting enough for the most pretentious meal. If you are serving a crown roast, you will find parboiled onions a good decoration for the ribs if they are browned after being applied and they are basted several times with the pork drippings.

Another way to serve them whole is to stuff them. Peel large onions and parboil for 10 minutes in salted water. Then scoop out the centers and fill the cavities with any desired stuffing. Bake in a hot oven until brown. The stuffing may consist merely of bread crumbs and a white sauce or if this is desired for the main dish, these two ingredients may be combined with meat, oysters, nuts, cheese, or shrimp.

CARROTS WITH PARSLEY

Besides improving the flavor of the carrots, the parsley in this dish provides a good contrast in color.

3 c. sliced carrots	2 Tb. butter
3 Tb. parsley finely chopped	1 tsp. salt
	Dash of pepper

By LAURA MACFARLANE
Editorial Department

Wash and scrape the carrots, slice in very thin slices, and cook until tender in boiling salted water. Drain and add the chopped parsley, butter, salt, and pepper. Mix thoroughly and serve hot.

CABBAGE AU GRATIN

After partaking of a meal containing such a dish, surely one would be justified in talking about "cabbages and kings."

3 c. chopped cooked cabbage	1 c. grated cheese
1 c. buttered crumbs	1 1/2 c. white sauce

In a greased baking dish, place one-half of the cabbage and over it sprinkle one-half of the cheese. Add the remainder of the cabbage, pour the white sauce over this, and cover with the rest of the cheese and the crumbs. Bake until brown.

BEETS WITH SOUR SAUCE

To give variety to your menus and provide a very desirable dish, make use of some of the beets you canned in the season of plenty and serve them with a sour sauce.

3 c. cooked sliced beets	1 tsp. pepper
2 Tb. butter	1 c. vinegar
2 Tb. flour	2 c. hot water
1 tsp. salt	

Make a sauce by melting the butter in a double boiler and adding the flour, salt, pepper, vinegar, and hot water. When thick, pour over the beets, cook together, and serve hot.

SCALLOPED BRUSSELS SPROUTS

Brussels sprouts, which look just like tiny heads of cabbage and are found in the markets during the winter months in quart boxes, are delicious in any form, but they delight practically every one when they are scalloped.

1 qt. Brussels sprouts	1 tsp. salt
2 Tb. butter	2 c. milk
2 Tb. flour	1 c. buttered crumbs

Clean the sprouts and cook until tender in boiling salted water. Make a white sauce of the butter, flour, salt, and milk. Fill a buttered baking dish with the sprouts and

crumbs in alternate layers, having the crumbs on the bottom and the top, and pour the white sauce over all before the top crumbs are added. Bake until brown.

POTATOES—SWEET AND WHITE

The old standby, the potato, finds a place in so many of our meals that variety is not only eagerly sought by those who prepare the meals but much desired by all. In the case of sweet potatoes, try baking them instead of merely boiling them. When you serve them with pork, candy them, that is, after boiling them, cook for a short time in a small quantity of molasses or a sirup made of butter, sugar, and water. And, sometimes, instead of making potato croquettes out of white potatoes, substitute sweets for a change.

HOT POTATO SALAD

If potato salad is served frequently, it seems to lose its charm, so every once in a while, make the hot variety, especially if your family is fond of the flavor of bacon.

2 c. sliced boiled potatoes	1 c. water
2 slices bacon	Salt
1 Tb. flour	Pepper
1 c. vinegar	2 Tb. chopped parsley

Have the potatoes sliced in medium thick slices. Cut the bacon into small pieces and fry until crisp. Stir the flour into the hot fat, add the vinegar and water, and season with salt and pepper. Pour hot over the potatoes, add the parsley, and garnish with slices of hard cooked eggs. Serve hot.

LYONNAISE POTATOES

In the way of sautéed potatoes, no variety is quite so popular as Lyonnaise potatoes.

2 Tb. fat	1 tsp. salt
1 onion, chopped	Dash of pepper
2 Tb. parsley, chopped	3 c. cooked potatoes

Melt the fat in a frying pan, add the onion, which should be a medium-sized one, the parsley, salt, and pepper. Have the potatoes cut in 1/2-inch slices, add them, and sauté until slightly brown. Stir frequently to avoid burning.

SURPRISE CROQUETTES

In preparing potato croquettes for a special meal, you can add a touch of mystery to them by filling the center with creamed peas, chicken, or shrimp or crab meat. To do this, shape the croquette mixture into little nests and fill with the desired creamed mixture. Cover with the croquette mixture, form with the hands into any preferred shape, dip in crumbs, egg, and crumbs again, and fry in deep fat.

With a pastry bag, mashed white potatoes may serve as a decoration for other foods. For instance, they may form an attractive border around a roast or a planked steak or fish, or they may be made into little nests for a creamed dish. But a pastry bag is not a necessity, for mashed potato balls may be hollowed out in the center, brushed with egg white, and then browned in the oven for use as receptacles for serving another food.



Woman's Institute Question Box

Woolen Dresses for Children

A serge dress that I have worn several seasons is in fairly good condition with the exception of the sleeves, but I don't want to go to any expense in remodeling it for myself. I have thought of making it into a school dress for my seven-year-old girl. Do you think she is too young to wear a dark woolen dress satisfactorily? If not, will you please tell me how to clean the material and make the dress? L. S. S.

Woolen dresses are being shown for children even younger than seven, but unless a child is rather careful about her personal appearance, her school, or every-day, dresses require such frequent cleaning that dark wool is not quite so satisfactory as wash fabrics. Woolen dresses, however, have the added advantage of extra warmth and if the dress is protected with a little apron as soon as the child returns from school, very frequent cleaning will be unnecessary.

To make the material ready for use, I advise you to rip open all the seams, then wash the serge in warm water, using soap bark or Ivory soap in abundance so as to cleanse the material thoroughly. Press the material on the wrong side when it is still damp and you will find that it appears wonderfully freshened and almost like new.

You failed to mention how your dress is made, so I can give you no definite directions for recutting it, but I feel confident that you will be able to follow one of the little jumper styles that are so popular. For a woolen dress, these are really more hygienic than the styles having sleeves, for they permit the wearing of gimpes of wash materials and therefore can be kept very fresh in appearance.

For the little gimpes you may use a cotton fabric as heavy as poplin if you consider lawn or dimity too light in weight for winter wear. Challis is another excellent material and would provide even more warmth than cotton poplin.

If you prefer silk, you may choose crêpe de Chine or natural-colored pongee.

Want to Get Acquainted?

The following Institute students desire to become acquainted with other Institute students residing in their localities:

Baltimore, Md.	M. H. R.
Brooklyn, N. Y.	M. O. Reasnor, Iowa
Charleston, W. Va.	J. R. A.
Cedar Rapids, Iowa	A. L. Danneberg, Neb.
Lincoln, Neb.	L. M. M.
Newburgh, N. Y.	H. W. Floyd, Va.
Connellsville, Pa., or Liddington, Md.	M. H. United States or foreign countries
McDonough, Ga.	E. L. Harrisburg, Pa.
Harrisburg, Pa.	O. B. Iowa, or any other state
Bartlett, N. H.	H. B. Monessen, Pa.
United States	S. S. Hallettsville, Texas
Danville, Ill.	M. P. Richtford, Va.
Chicago, Ill. (North West Side)	E. E. C. Algona, Iowa
Los Angeles, Calif.	F. H.

I should like to become acquainted with a dress-making student about 19 years of age who lives in Southern Wisconsin or Northern Illinois.

I should like to become acquainted with Institute students in the vicinity of Flint, Mich.
Miss ELOISE RITTERSHOFER,
608 Thayer St., Flint, Mich.

I should like to become acquainted with Institute students in Alaska. M. C. E., Phila., Pa.

I should like to correspond with students of the Institute taking the Millinery Course who live in the localities of Effingham and Centuria, Ill.
M. F. H.

I should like to become acquainted with Institute students taking the Millinery Course living in Toronto, Canada. E. J. B.

I should like to become acquainted with a student of the Institute who has a shop and requires the services of an Institute student, or with one who would like to open a shop with me. Kindly give full particulars. Miss CLARA J. FLINCH,
R. 3, Box 138, Kenosha, Wis.

I should like to become acquainted with Institute students in Waco, Tex., as I am thinking of forming a club here. My telephone number is 2217.
H. B. A.

I should like to become acquainted with Institute students residing in Indianapolis, Ind. My telephone number is Dixiel 2562—address, 1201 Spruce Street.
F. E. B.

I should like to hear from a graduate millinery student who is in business in El Paso, Tex., in Phoenix, Ariz., or in California or Arizona, and would like an assistant.
M. A.

I am conducting a little millinery department in one of the stores in Joice, Iowa, and should like to know if there is an Institute student—dressmaker or milliner—who might be interested in joining me in the business. We could work together and later on rent a little shop.
S. S.

I should like to become acquainted with Institute students in the vicinity of Cambridge, Mass. My telephone number is Cambridge 9051W.
A. N. R.

I should like to become acquainted with Institute students in the vicinity of San Francisco, Calif. My telephone number is Sunset 1852.
G. E. F.

I should like to become acquainted with a young housewife in Norfolk, Va., who is taking the Complete Dressmaking Course and is in business.
E. M. F.

I should like to hear from a dressmaker who is interested in opening a shop with another dressmaker.
J. B.

I should like to correspond with Institute students in vicinity of Tulare, Calif.
Mrs. MAUDIE I. BROWN,
R. 1, South A St., Tulare, Calif.

I should like to become acquainted with Millinery students in Grand Junction, or Salida, Colo.
L. M. K.

I live on a farm and should like to become acquainted with Institute students about 18 years of age who live in the country.
W. J. C.

I should like to become acquainted with unmarried students who are taking the Dressmaking Course.
F. K. S.

I should like to correspond with young girl students in the Philippine Islands, France, and Ireland.
M. M.

I should like to become acquainted with some one in Fresno City, Calif., who has taken the Complete Dressmaking Course, is sewing for others, and would like some assistance.
M. J. T.

I should like to become acquainted with a girl between 18 and 20 years of age who lives in any of the following cities: Seattle, Wash., Chicago, Ill., or San Francisco, Calif.
R. M. D.

I should like to correspond with Institute students about 14 years of age.
W. B.

I live in E. Rangoon, Burma, India, and should like to become acquainted with other Institute students in my vicinity.
E. R.

I should like to be acquainted with Institute students, as I desire to open a shop with another student.
Miss GLADYS TUNNELL,
Mondamin, Harrison Co., Iowa

I should like to hear from Institute students, especially office workers.
F. G. T.

I should like to become acquainted with Institute students in St. Paul, or Minneapolis, Minn., who are taking the Complete Dressmaking Course, are in business, and would like an assistant.
J. C.

I should like to start in business with some one near Minneapolis, Minn., or Chicago, Ill., preferably Chicago.
O. P.

I should like to correspond with any one who has taken or is taking the Millinery Course.
Mrs. TOLLIE JACKSON,
Sulligant, Lamor Co., Ala.

I should like to correspond with married students about 22 years of age, living in Hamilton, Ohio, who are taking the Complete Dressmaking Course.
F. E. S.

I should like to become acquainted with Institute students—home sewers—about 30 years of age, living in the vicinity of Rockford, Iowa, who are taking the Complete Dressmaking Course.
E. M. B.

I should like to become acquainted with other Institute students in the vicinity of Huron, S. Dak., who are taking the Dressmaking Course. My telephone number is 2179.
E. W. S.

I should like to hear from some one in Fort Wayne, Indiana, or in Ohio, who is conducting a millinery and dressmaking shop and would like to obtain an assistant. I can furnish good references.
N. W.

If other Woman's Institute students would like to get in touch with the inquiring students whose addresses are not mentioned, we shall be glad to supply the addresses that are not printed here.

A Call for Samplers

We have been so busy lately and have had such a demand for samplers that it has been difficult for us to keep enough of them on hand to give our students the service we like to give.

If you have any samplers lying around that belong to the Institute, won't you please send them back right away? Just enclose them with your next lesson report. Then you'll be doing a kindness to some other student.

School Lunch

As I expect to assist with the school lunch in our town this winter, I should like any information you can give me with regard to this matter.
R. S. N.

The plan that is usually found most satisfactory consists in preparing just one hot dish and having the pupils bring their own bread and butter and, if they desire, fruit or dessert. If you can keep the cost down to about 5 cents per pupil, your lunches will be popular.

The hot dish should be one that has sufficient nourishment to form the foundation for the meal and should contain milk as often as possible. Some that may be suggested are: milk soups, such as corn, peas, beans, potatoes, asparagus, celery, etc.; meat and vegetable stews, such as beef and savory; creamed cereals, such as hominy and rice; escalloped dishes; macaroni and cheese; hot chocolate; and, to vary the menu, desserts made of milk, eggs, cereals, and other foods suitable for children.

Farmer's Bulletin No. 712 on School Lunches contains good information on this subject. It may be had for the asking by writing to the United States Department of Agriculture, Washington, D. C.



Our Students' Own Page

A Profitable Business in Dutch Caps

I consider November the happy month of the year for me, for that is the month I became a student of the Woman's Institute. Every member in the family has more and better clothes now than before I joined. I always had a great desire to make shirts and I did envy anybody who could make them. But now I have made a number of expensive silk shirts for prominent business men, and, using some knowledge I gained through *Embroidery Stitches*, Part 2, I made three monograms on the shirts and they surely made a hit.

There are a great many ways in which my Course has helped me. The lesson in which the Dutch cap was described has meant very profitable business for me. I made one cap and took it down to one of our stores and asked the manager if she would sell them. She thought it was very pretty and gave me an order for four; they went so quick that the next order was for eight and a few days later she ordered a dozen.

One woman out in the little suburb where I live has four children. I knew she had sewing done by another dressmaker and never thought that she wanted me, although she often admired my clothes and my baby's clothes. So one day to my surprise she gave me some sewing to do; her order was six little dresses for the baby and two dresses for herself. She was so pleased with my work that the next order will be bigger.

I was very much astonished the other day when a girl came up to see me and wanted to know if she and five girls could come and have me teach them to sew. So I will start a sewing class in a month or so.

MRS. KATHERINE JOHNSON,
Cincinnati, Ohio

How I Earned My Tuition

I am a mother of six children, the oldest 8 years old, and the baby 1 year. There are four boys and two girls. Every mother knows how boys go through clothes, and when the only one working is the father, the children have to be deprived of almost everything they should have.

I saw in a magazine a story of how a mother learned to increase the family income right at home, so I thought I would inquire about it anyway. When my information came, I felt as if it were impossible for me to join as my husband was on three days a week, and we couldn't find money enough for the first payment.

The factory I was employed in before my marriage started a shift of women working from 6 p. m. until 10 p. m., and I could make enough in a week to pay the first payment. So my husband agreed to take care of the children in the evenings while I worked that

week to earn the first payment. My mother said, "How are you going to afford to pay for the rest of the course?" But that part worked out all right, for "where there's a will, there's a way."

I received my first lesson on May 20 and this is only September and through doing work in dressmaking and millinery, I have made enough to pay for my Course in Complete Dressmaking and Tailoring, Millinery, and Cookery and have all the children's clothes made for fall. The material I bought from my earnings.

A year ago my husband was taken sick and lost 2 months' work and we had a hard time getting along. But, a thousand thanks to the little story I read about the Woman's Institute, we will never be in such an embarrassing position again. I now have the patronage and respect of the nicest people in my neighborhood, and if my husband should be ill again, I have a good trade in my hands to support our little flock.

My husband is just as interested in my progress as I am, and we have many a good laugh at things I thought I knew but now I do know. He said the other night, "Any woman who does not sacrifice a little to take at least one of these Courses is throwing away the chance of a lifetime."

MRS. HELEN R. BOOKER,
Pawtucket, R. I.

Several Dresses Instead of One

So far as dollars and cents are concerned, I do not know that I have really saved anything on my clothes this summer. But if I had not taken my Course in Dressmaking I should have been able to have only one new dress, a tailored wash dress, and a blouse. By making them myself, I have the following articles: one tricolette overblouse, one voile overblouse, a tailored wash skirt, a figured voile dress, four three-piece culinary aprons, a charming pink crêpe kimono, two gingham petticoats, one lingerie petticoat, one envelope chemise, one night dress and several camisoles, all new. I am sure the cost of the material was not more than \$12.

Then, too, my training has enabled me to do some work for others, and the money thus earned has been sufficient to pay for my thread, embroidery silk, bias binding, and finishing braid, besides the white kid belt for the sports dress and an outing hat, with enough left over for an extra pair of white shoes for the sports dress. Best of all, I have the comforting knowledge that my personal appearance is all that I could wish.

MISS ELIZABETH WILLIAMS,
Upper Black Edge, Pa.

Wouldn't Take \$1,000 for What She Has Learned

During the recent period of high cost of living it has been very hard for us to make both ends meet. My husband has his mother and four sisters, none of them large enough to earn their living, besides daughter and myself to support. So I decided to help him as much as possible, and began by going to work for a milliner for the small sum of \$30 a month. This aroused a great interest in me for hat making. So I decided to become more accomplished in the trade, not knowing which course to take.

One day while visiting a friend I read in her "Needlecraft" how a girl had made good in millinery through the Institute. I at once decided to try, and started by writing for instruction. After reading the instructions thoroughly, I began taking the Millinery Course. I have never studied lessons

made plainer than those given by the Institute. Even the smallest child can understand them. My little daughter of seven understands them clearly and helps me with them. When she is older she also shall have a Course from the Institute.

I admire the Institute for the small expense they put you to in getting your lessons. They permitted me to use scraps from my scrap basket to make up my samplers. My grades were always good on all lessons. I began making hats immediately after beginning my lessons, and had excellent success with my first hat. I soon had more orders than I could fill and do justice to my lessons. I have paid for my Course two or more times by hats I have made for my friends and our own family.

I would not take a thousand dollars for what I have learned from these lessons. And it has only cost me a small sum.

MRS. SUSIE M. BOULTON,
La Junta, Colo.

Little Money No Bar to Nice Clothes

The Institute Dressmaking Course I am taking made it much easier for us to solve our summer sewing problem. We did not have much money to spend on clothes. So we just got what we needed and fixed over what we had left from last season. I made corset covers from an old embroidery dress and a last year's waist, and got two new waists that cost me, when made up, \$8.09.

My sister and I each got a voile dress from dress goods on which they were giving bargains in our store, and they cost only \$3.25 a piece when made up. I made mine so that I could wear the waist two different ways. My friends were asking me where I got the idea. I patterned my skirt after the Fashion Service Model No. 15E.

I made mother two dresses and three waists, which cost only \$10.30. One waist I made for early spring wear from an old summer coat of mine.

I did not spend a penny on patterns; all the patterns I used were ones that I drafted. The first waist I made from a drafted pattern for mother she said was the best waist she ever had. I figured up the cost of similar garments in a mail-order catalog and they would have cost us over \$35, with postage besides, and the alterations that it would be necessary to make.

MISS ANNIE
MATHESON,
Crystal,
N. Dak.



Mail This Coupon

For a handsome illustrated booklet describing the Courses taught by the Woman's Institute, fill out and mail this coupon or address a postal card or letter to:

Woman's Institute, Dept. 21, Scranton, Pa.

Please send me one of your booklets and tell me how I can learn the subject marked below:

☐ Home Dressmaking ☐ Millinery
☐ Professional Dressmaking ☐ Cooking

Name _____
(Please specify whether Miss or Mrs.)

Address _____

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Devoted to the advancement & encouragement of the students
of the Woman's Institute of Domestic Arts & Sciences, Inc.

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FEBRUARY

*Inspiration*

1922



Edited by GUSTAVE L. WEINSS

"If I Had the Money—"

How many times do we hear people say without thinking, "I know what I'd do if I had the money." But I wonder if they really know what they would do. People who want to do things do them whether their possessions are great or small.

Those whose funds are meager cannot, of course, do so much for others as those who have plenty—but they do something besides wishing.

And therein lies the secret. It is not how expansive your undertakings are, but how much you do with what you have. Some persons with thousands do not do so much for others as those with hundreds, and some with hundreds, not so much as those with only tens.

I am sure you know of persons poor in worldly possessions who do considerable for their fellow creatures, simply because they do what they can with what they have. And just such persons as these are the ones who do not say, "If I only had the money, I'd do so and so." No. They are the ones who, as they grow—and they surely do grow—*increase their power for good.*

Just what you would do "if you had the money" is what you are doing now even if you have it not. Charity lies in your heart, and the small things you now do are as great—perhaps greater—in proportion as the large things that are done by those of affluence.

Develop your desire, your power, to help others and then—well, then you will grow.

□

"If I Had the Time—"

"How many times in the last week," asks the Cooperative Commonwealth, "have you heard it said, 'I would love to, if I had the time'? Times without number, I'll wager. And the strange thing is, every single person you heard say it meant it, and thought he or she was telling the exact truth.

"These people who never 'find' time to do the things they want to do, waste any amount of valuable time worrying about not having it and in not systematizing their work.

"Have you wanted for a long time to make a sweater for your daughter, or have you wanted to rearrange your clothes closet, or repack the trunk or boxes holding the summer clothing? Have you

Between You and Me

BY THE EDITOR

wanted to mend the tablecloths which are showing small holes or wearing thin, and so save them for a number of weeks and, mayhaps, months?

"Make a list of these things you really want to do, and consider the amount of time required to do

each. Then, when a few minutes appear between duties of the household, start the shortest one, and keep it near at hand, if it be sewing, and keep it in mind, if not, but do it, or a part of it, then.

"Arrange your work for each day of the week, allowing a little rest time, and fill in the short intervals between the larger duties by doing these 'wanted-to-do' things.

"After a while it becomes second nature to fit in the many little tasks or 'jobs' and before one really realizes, many, many things are finished, which it did not seem possible to do."

□

"If I Had the Courage—"

How many times do we hear people say, "I'd like to do that, but I'm afraid—" Afraid of what? Afraid to do what you know to be right! That seems strange. But is it strange when you think of it as an excuse to yourself for not wanting even to try?

Those who want to do things for the betterment of themselves and others cannot be excused by saying they haven't the courage, for then they admit that they either are not serious or are lacking in ambition.

February is the birth month of a man whose achievements were great simply because he had courage. Learn all you can about this great man Lincoln. Learn of the hardships he endured, the obstacles he surmounted. Become acquainted with the genuine courage he possessed—the courage to do what deep in his heart he wanted to do because it was right. Then meditate a little upon yourself—you scarcely dare compare yourself with him.

You will realize how slight are your efforts toward attaining what you would like to attain. But if you permit yourself to become filled with even a little of the spirit that urged Lincoln on and on, you will never again say, "I'd like to do so and so, but I haven't the courage." Positively not. You will strive for those things which you know to be right with a courage that knows not defeat.

Kingdoms of Friendship

CICERO says of friendship: "As for myself, I can only exhort you to look on friendship as the most valuable of all human possessions."

I once knew of a family traveling across the country. The little daughter became critically ill. The parents were homeless and in extreme distress. The father sat overpowered with fear of the disease. Then suddenly he remembered that he had a friend.

His face immediately lost its tightness, and he started with his family to drive to a city forty-five miles away. He drove rapidly, while the wife held the sick girl close to her heart, to prevent the jar of the wagon from racking out the bit of life that was left. They arrived in the city at four o'clock in the afternoon, and there was the good doctor.

"Hello, John! Where in the world—the sick girl yours? Let me see." And with that he picked the little girl up, took her into his house, threw off his coat, opened and rolled up his white stiff cuffs, and went to work.

All night he sat beside the little girl. Every hour the next day and all the next night he watched close for every encouraging sign. And the little girl gradually got well.

The father offered to pay from his slender purse, but the great doctor protested, saying, "Why, my pay is in the saving of the girl. I know how your old heart would ache for the little curlyhead, and I couldn't bear to think of that. Besides, do you remember all the kind things you did for me when I didn't know enough to take care of myself?"

And so it ended. But the good doctor had made friends to love him always, and they realized that greater than his skill, greater than his manliness, were his appreciation and understanding of human hearts.

A YOUNG man with a wife, a house, furniture to pay for, many guests to entertain, found himself with greater expenses than his salary could meet. Then the dreaded day arrived when debt was the only thing he could see. His heart was with his wife and his home, but lack of reckoning had carried them too far.

One evening an old man, cheaply but neatly dressed, came—dropped in just after supper for a little visit. The next day he returned to the young man and lent him, without security, two thousand dollars.

"I see you are too near the dam; this will pull you back, and to shore."

The young man could not comprehend why this workman, this old man in overalls, should be so conscious of his need. His joy over the money and his surprise made it impossible for him to question. Later, when the money was all paid back, he asked his benefactor why, and his reply was:

"I know an honest heart, my boy,

By MARY BROOKS PICKEN
Director of Instruction

Thoughtfulness in the little things of every day makes for love a yardstick by which genuine fellowship, yes, good friendship, is measured.
M. B. P.

and you have always been good to me. When my wife died, do you remember, you spoke so kindly and came out to see me; and when I was sick the winter before last, you made me stay home. And do you remember the rubber boots you gave me for Christmas? Then, when I came to see you, you treated me as a friend. And your wife—she loves you. These things told me that my money was safe, and anyway it was only the savings of an old man, and I knew that for the time you could use it better than I."

Was this friendship, love, or affection? Anyway, a kingdom of friendship was built up of three hearts, which even death could not demolish.

TWO little girls in school—one brought peanuts and the other apples to eat at recess time. The goodies tempted, and they nibbled before recess. The teacher caught the owner of the peanuts in the midst of a bite and called her up front for punishment. Immediately the other little girl came forward and said, "I have eaten as many as she. I, too, must be punished."

Fifteen years later the same honorable girl, grown up, became very ill and was carefully nursed by the other. In convalescing, she asked, "Please tell me why you do so much for me?"

The answer was: "Do you remember in school, when I was caught eating peanuts? After that day I felt you would stand by me in good and in bad. The security I have had in the thought has repaid me a thousand times for any help that I have been to you."

A PHILOSOPHER of eminent renown knew a young woman ambitious to write. They were friends from the first. She asked a world of questions and his great heart answered. He gave good encouragement in tutoring, was patient and commending, entirely rebuilding sometimes, but always building a greater castle through his criticism before tearing down the first one.

It would seem that he had given all, and the young woman nothing. But suddenly he discovered that through the ripeness of her questions, through the live, pulsating work that she struggled for, youth came surging into the lines of his own pen and he came to rely on her as much for inspiration as she on him for maturity of judgment.

And so another kingdom was established.

A LITTLE girl ran away from her step-mother, and a friend found it out and went a long distance to recover the girl. She brought her back, kept her for a year, and actually rebuilt a character that had been allowed too much selfishness to grow normally.

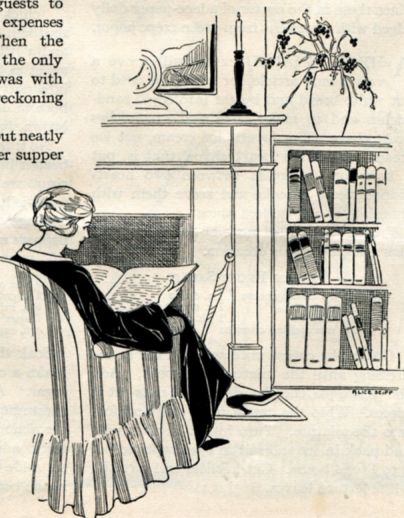
When asked why she had done so much for the girl, she replied, "I did it for her own mother."

"But why for her?"

"Well, because a long time ago, when I had to do our washing and wasn't very strong, this girl's mother always used to slip over when the clothes were ready for the line and hang them up for me. And often on washday she prepared a nice tray or made lunch for me in her house, and many times while I sewed for her she ironed for me, or when I had company she made the dessert or salad or came and helped with the table. We spent many happy hours together in such comradeship. She would have done as much or more for my daughter. Why shouldn't I do for hers?"

THESE homely little incidents are things with which I am familiar. I know of many others, and the more I see and know about as the days go by, the more I realize that great friendships are as priceless today as ever and as much to be cherished, for they give as much security as joy.

We should always welcome the opportunity to do a thoughtful thing. Thoughtfulness is love's carrier pigeons bringing to the hearts of our friends continued proof of our permanency and sincerity. We may not understand our neighbors, but we can watch with them for good, and, if we are generous, make them very dear to us and find in the nearness of their friendship the very goal of good fortune.



February—the *Festive* Month

WASHINGTON'S BIRTHDAY



LUNCHEON MENU

- Cherry Cocktail
- Tomato Rabbit
- Olives
- Celery
- Cherry-and-Nut Salad
- Red-White-and-Blue Sandwiches
- Cherry Frappé
- Colonial Cake
- Chocolate-Coated Cherries
- Coffee



By LAURA MACFARLANE
Editorial Department

ST. VALENTINE'S DAY



PARTY MENUS

Frozen Fruit Salad

Cupid Sandwiches Nut-Bread Hearts

Lovers' Ice Cream Salted Almonds

Coffee

Creamed Shrimp in Heart Patties

Pickles Olives

Ice Cream Hearts

Small Cakes in Heart Shape

Bonbons Coffee

LINCOLN'S BIRTHDAY



DINNER MENU

- Grapefruit Cocktail
- Sweet-Potato Patties
- Corn Fritters
- Beaten Biscuit
- Vegetable-Jelly Salad
- Wafers
- Nesselrode Pudding
- Pralines
- Coffee



WASHINGTON'S birthday offers novel ideas for both menu and table decoration. The colonial thought might predominate, with colonial men and women gracing the place cards, the candle shades made of a plain parchment paper and adorned with cherry trees and hatchets, and lollypop favors topped with a Continental hat. These favors are very simple to make, the stick of the lollypop being inserted in a large painted button mold and the candy part covered with white paper on which the features can be painted. The hat is fashioned out of black paper and a small piece of cotton forms the wig.

If there is plenty of time for preparation, small dolls may be dressed with crêpe paper to represent colonial men and women. Little cherry-tree favors are also appropriate, being made of crêpe paper from which real cherries—the candied variety—drop from the ends of paper-covered wires.

PATRIOTIC inspiration may also dominate the menu. Fruit of various kinds, with cherries predominating, makes the cocktail. For the salad, use cherries—large, white ones—and replace their pits with nut meats.

Red-white-and-blue sandwiches may be made by covering slices of fresh bread with cream cheese colored with fruit preserves or jam and then rolling them up and tying them with narrow blue ribbon. A colonial cake consisting of three layers of a favorite white cake put together with white icing containing chopped nut meats, dates, candied cherries, and pineapple and covered with a plain white icing will give genuine delight.

TOMATO RABBIT

2 Tb. butter	2 c. grated cheese
2 Tb. flour	2 eggs
1 c. milk	1 tsp. salt
1 c. tomato purée	1 tsp. mustard
1 tsp. soda	Dash Cayenne pepper

Melt the butter, stir in the flour, and cook. Add the milk and when the mixture thickens, add the tomatoes and soda. Stir in the cheese, the eggs slightly beaten, and the seasoning. Serve on toast or crackers.

VERY attractive candle shades for a St. Valentine party may be made by joining four red cardboard hearts. In fact, hearts should be everywhere in evidence, pierced ones, as shown, making suitable place cards.

To make candy dolls, which are popular favors, use wrapped stick candy for the legs and arms and rather large, round candies for the body and head. Wrap the head with paper and paint the features somewhat grotesquely. Decorate the white crêpe-paper dress with small red or pink hearts and use short lengths of yarn for the hair.

Every one likes a nosegay and the candy variety meets with much favor. For these use small candies of various colors, wrapping one or two in waxed paper and combining the colors so that a dainty effect is the result. Place these in the center of a lace-paper doily edged with leaves cut from green crêpe paper.

A HEART-SHAPED cutter will prove a very handy article, for it may be used to cut white bread and butter into cupid sandwiches and to make nut-bread sandwiches heart shape. For lovers' ice cream, cut ice cream sandwiches heart shape, that is, put a layer of ice cream between two heart-shaped pieces of cake and serve them with chocolate or any desired sauce.

Frozen fruit salad may be molded or cut heart shape for this occasion.

FROZEN FRUIT SALAD

2 packages cream cheese	1 c. dates
1 c. boiled dressing	1 c. nut meats
1 can pineapple	1 pint heavy cream
1 bottle maraschino cherries	

Cream the cheese until soft and stir in the dressing until the mixture is smooth. Add the pineapple, cherries, dates, and nuts cut in pieces. Whip the cream until stiff and fold into the mixture. Turn into a 2-quart mold and pack in ice and salt in the proportion of 2 to 1 for 4 hours. Cut in slices and serve on white lettuce leaves.

WHEN we think of entertaining on Lincoln's birthday, immediately there come to our minds a log cabin in the wilds, rail fences, slaves freed, and pompous ladies wearing crinolines, tight bodices, and poke bonnets. And, in the way of a menu, Southern dishes should stand out prominently.

For a center piece, make a small log cabin out of molasses-candy sticks and paste pieces of paper over the candy for a door and windows. Your candle shades will carry the idea further if they are decorated with a rail fence. Button-mold lollypop favors made to represent picninnies with black paper forming the face, red, the bandanna, and white, the huge tie, are amusing. Real or candy dolls may be dressed with crêpe paper in the costume of the 60's, as shown.

TO make receptacles for your cream chicken and at the same time provide a southern vegetable, add seasoning, butter, and a little milk and beaten egg to mashed sweet potatoes and mold into balls. Make into patty cases by pressing into them the bottom of a cup, brush with egg white, and brown slightly in the oven.

No truly Southern meal is complete without beaten biscuits, and corn fritters and maple sirup are also characteristic. In the vegetable-jelly salad, such vegetables as celery, cabbage, cucumbers, and green and red peppers make a good combination.

NESSELRODE PUDDING

1 box gelatine	1 doz. macaroons
1 c. cold water	1 c. boiled chestnuts
2 c. milk	or blanched almonds
5 eggs	1 c. Sultana raisins
1 c. sugar	1 tsp. vanilla

Soak the gelatine in the water until soft. Make a custard of the milk, egg yolks, and sugar. Add the macaroons crushed, the chestnuts boiled and put through a sieve, or the almonds chopped, and the raisins. When thick, add the gelatine and the vanilla and set aside to cool. As it begins to stiffen, fold in the beaten egg whites. Serve with cream.

To Honor the Wee Newcomer

What is the little one thinking about?
Very wonderful things, no doubt;
Unwritten history!
Unfathomed mystery!
Yet he laughs and cries, and eats and
drinks,
And chuckles and crows, and nods and
winks,
As if his head were as full of kinks
And curious riddles as any sphinx!
—J. G. HOLLAND.

By ALWILDA FELLOWS
Department of Dressmaking

PERHAPS the wee newcomer won't be at all concerned if his tiny garments and accessories are not the daintiest trifles imaginable, but, if he were not so busy becoming acquainted with all the new and strange things in this big world, surely he would be delighted and gratified with any attention devoted to his appearance and comfort. Besides, his mother, in her sense of appreciation, will more than make up for any seeming indifference on his part and will treasure articles from his dainty wardrobe until he is old enough to realize their charm.

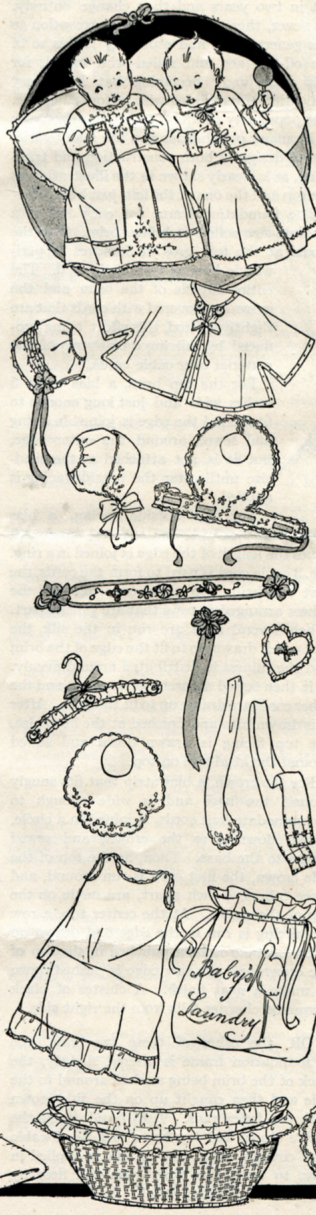
IT is only in the baby's dress that is intended merely for occasional use that modern ideas permit any elaboration of detail. And even in such a dress, as shown at the upper left, simplicity is the dominant note, for lace and insertion are used but sparingly and the embroidery is dainty in the extreme.

The long kimono is of outing flannel in white with embroidery that is worked in heavy floss and requires but little time in its development. Dotting the cuffs and the upper portion of the center front are heavy French knots.

A sacque, or nightgale, is most satisfactory when developed of soft cream flannel. It may be made very attractive, as shown, by bindings of pale pink or blue ribbon secured with French knots placed at intervals close enough to hold the binding firmly in position. Tiny rosebuds made of the ribbon cover the joining of the tie strings.

AT the left is shown a little bonnet that would be very attractive if made of organdie or crêpe de Chine with shirrings and tiny self-ruffles. Just below is a more tailored type that might be developed in linen or in fine faille lined and padded for additional warmth.

Baby's squirming and twisting play havoc with the order of his wearing apparel and sometimes make one despair of even trying to keep a bib in position. A waist-line band cut in one with the bib, as shown at the right of the bonnets, eliminates much of this annoyance. This band may be provided with eyelets and ribbon run through them with the ends left to tie at the back, thus making pinning unnecessary. The type of bib that must be pinned in position is preferred by some mothers. Such a bib of attractive outline embroidered with fine sprays is shown at the left, just below the coat hanger.



IN the center of the page is shown a carriage strap that may be made of linen or white silk of substantial weave and embroidered in pale pink or blue with narrow ribbon bindings and bows of the same color.

A diminutive hanger is almost a necessity if baby's coat is to be kept in good condition. This should be well padded and may be covered with white, pink, or blue ribbon and trimmed with small rosebuds, as illustrated.

Sachets to place among baby's clothes and pin in his bassinet are always very acceptable gifts. When made in heart shape, as illustrated, they are given added charm and seem doubly appropriate. This same suggestion may be applied to pillows or cushions for the baby's bassinet or carriage. A lovely heart-shaped linen pillow is shown at the lower right. This is embroidered in tiny sprays and has a scalloped edge in which lace is secured.

Of the bonnet strings shown, the first is of wash ribbon with a rosette made over a tiny gold safety pin by which it may be secured to the bonnet, and the second is of batiste with the end embroidered. The third is a double, or combination, string that has both ends finished and is made long enough to extend under the chin and run through a loop at each side of the bonnet, the ends being brought to the center front and tied together. This string, as illustrated, is of linen with pink threads inserted and the ends finished as cross-stitch heels.

The laundry bag shown below may be of white imitation linen or cotton poplin with embroidery in pink or blue.

AT the left is a Gertrude petticoat, having all its edges finished with baby lace. The ruffle is joined with seam beading, or entredeux, thus having a very dainty finish.

An afghan knitted with very large needles in loose, open effect is shown at the lower left. This is made double, one side white and one side pink, the sections being held together with a binding of wide ribbon featherstitched in position. The open texture of the knitting makes the afghan soft and downlike and permits a subdued glow of pink to show through the white surface, giving a delightfully dainty and unusual effect.

A humble clothes basket receives a new outlook on life when it is white enameled and lined with shirred batiste placed over a padded interlining of pink, thus converting it into a bassinet that is in nowise ordinary.

At the extreme right is shown a cover for a small hot-water bottle. This is made of narrow ribbon plaited in solid effect and has its edges bound together at the sides and

the bottom and separately along the upper edge. Ribbon in a single color or a combination of colors may be used very effectively.

A Glimpse of Spring Fashions



THE majority of hats on display at present are principally of the tailleur or sports type, the reason being that they are designed chiefly for "mid-winter resort wear." As such hats are usually the van-

guard of spring and summer styles, they give promise of a very colorful millinery season to come.

Close observation reveals the truth that shapes have changed very little; in fact, the only marked difference noticeable lies in the slight increase in proportion in the smaller hats, with crowns a trifle higher and the off-the-face type still a favorite.

The fabrics used in their construction are gros de Londres, faille, taffeta, and quantities of all-over straw and hair cloth. For trimming, various kinds of fabric fruits and flowers are preferable, and, for early spring wear, even greater success is predicted for solid-flower hats in all the new colorings.

WITH the introduction of brilliantly high-colored and glittering metallized effects in hats for mid-winter wear, and the general acceptance of them by the clientele because of their adaptability for topping off and enlivening dark fur wraps, there is apparently very little danger of such effects being discarded directly at the initial appearance of the new spring hats, no matter how many new and fascinating creations may be produced.

It is a well-defined fact that style returns in fairly regular cycles and these cycles sometimes occur within the year, sometimes within a few months. For instance, the fashion trend introduced in December for winter-resort wear is bound to reappear in full strength during the following July and August, with offshoots of various styles appearing during the in-between months.

By MARY MAHON
Department of Millinery

ANOTHER observation is that any style, no matter how chic, will wear itself out in two years and then change entirely. However, there is an occasional exception to this general rule, and especially is this so of the off-the-face and rolled-brim model, for this exceedingly becoming hat has every indication of remaining with us for some time. The popularity of this type is due principally to its many possibilities and the many varieties of design in both construction and trimming, as is clearly shown in the illustration at the top and the one at the left, just below it.

The foundation frame for each hat is a medium-size rolled or bolero brim. For the model at the top, gros de Londres in periwinkle blue is the fabric used. The entire outside of the brim and the crown are covered with cords that are slightly shirred, this effect being produced by shirring a bias strip of the material over cable cords.

For the top brim, a bias strip 5 inches wide and just long enough to fit around the edge is joined in a ring and sewed around the outer edge, but it is not attached at the head-size until after the outside facing is applied.

For the outside facing, a bias strip 10 inches wide and one and one-fourth times the length of the edge is joined in a ring. No. 3 cable cord is used to form the cords, the first one being run along one edge and the others arranged in rows that are $\frac{1}{2}$ inch apart. When several rows are run in the silk, the first one is drawn up to fit the edge of the brim and the fullness is distributed around evenly. It is then sewed securely to the edge, and the other cords are drawn up to fit the brim. After it is drawn into and finished at the head-size, the top facing is drawn down and sewed around the head-size on top.

For the crown, a bias strip that fits snugly around the base and is wide enough to accommodate four cords, is joined in a circle, drawn down over the crown, and sewed secure to the base. Then, at the top of the side crown, the first cord is run around, and three others, $\frac{1}{2}$ inch apart, are made on the top of the crown. At the center top, a row of shirring is run in the edge and drawn up tight. A hole is then punched in the top of the crown and the raw edge is pushed down to make a neat finish. A cluster of black lacquered cherries falls from the right side.

FOR the other of these two hats, the foundation frame is altered slightly, the back of the brim being slashed around to the side and then caught up on the side crown with two fancy pins. Visca braid covers the entire crown and top brim, and No. 5 cable cord covered plain with taffeta is applied in rows to the under brim with silk floss by means of a couching-stitch.

IN the center is illustrated a vizor-brim turban developed in hair cloth. This cloth is an exceedingly popular material just now and comes in all the new colors and in several different weights. When the very fine grade is used, an underlining of silk in contrasting color is very often used, as in developing this model.

To produce the soft drape, a 10-inch circle of the materials, that is, one layer of silk and one layer of haircloth, is used for the tip and a bias strip 34 inches long and 12 inches wide is sewed to this circle, the joining being made at the back. This is draped down over the crown to the edge of the brim, and a 2-inch plait is made at each side to take care of the fullness and give the soft rolled, or tire, effect extending across the front and out at each side. A wreath of flat flowers is applied across the front so as to define the vizor brim.

IRREGULARITY of brim stamps the model illustrated at the lower right as being decidedly new. It is developed on a ready-made buckram frame that has a decided roll on the left side extending out to a point in the center front. The right side front shapes up in a pointed tab and continues into a narrow brim around to the back, thus producing a pleasing mixture of the boat line and tricorne shape that smacks of richness and fineness and spells character to a smartly gowned woman. A plateau of timbo straw is used to fit the crown and the inside of the brim. The facing or outside of the brim is covered with 1-inch loops of No. 3 picot-edged tinsel ribbon. At the right side, or the point where the brim is narrow, a quantity of loops of different size falls from the crown, showing that self-trim will score heavily in millinery this coming spring.

RIBBONS are coming more and more into prominence, with a large assortment from which to choose, such as picot edge, shot taffeta, wide belting ribbon, Ruban bagatelle, and the new chenille-faced grosgrain weaves that make such smart sport hats. Bows and half-loops of ribbons are the only garnitures on these models.

Another new trimming item is making its appearance in the form of little green parrots and tiny blackbirds. Alone and in flocks, these brilliant little fellows are working their way into favor as a hat trimming. Most of these parrots are very small, not more than 5 inches long. In color, they are green and yellow, green and black, or green and blue—in fact, they come in every possible parrot combinations of color—and are used in wreath effect around the crown. In harmony with these are the manufactured wings of feathers.

Owing to sentimental reasons, the American clientele prefer the artificial, or made, bird rather than the natural; therefore, many attractive bird creations are developed in gorgeous beads combined with galilith in clair de lune and mother-of-pearl.

Woman's Institute Question Box

Removing Stamping

Will you kindly tell me how to remove traces of an embroidery transfer pattern?

G. E. S.

This depends on the material. If the fabric is washable, use naphtha soap and cold water and rub the design briskly. If the material is very fine, however, the better method is to apply less harsh soap and boil the fabric, provided it is white.

To remove stamping from silks or woolsens, in fact, from almost any non-washable fabric other than chiffon and other delicate materials, place the transfer face downward over a number of thicknesses of clean white blotting paper. Then with a piece of the same material moistened with alcohol or benzine, rub briskly over the stamping, working from outside the marks in toward them, so as to avoid forming a spot on the material, and rubbing with the grain of the material in order to avoid pulling or roughening it.

Remove stamping from very delicate materials by immersing them in gasoline and gently squeezing or rubbing them between your hands.

Timbo Braid

What is timbo braid?

M. E. M

Timbo is a new braid used extensively in the construction of early spring hats. It is a pliable fiber straw made from the soft, red wood of a valuable South American timber tree.

Variety in Prunes

We use prunes in our home a great deal, but we grow tired of having them stewed. Can you give me some suggestions for preparing them in other ways?

K. N. R.

Prunes lend themselves to many palatable dishes. They may be stewed or steamed and then have their cavities stuffed with peanut butter or a fruit-and-nut filling. In this form they prove an excellent confection if dipped in melted chocolate or a glacé mixture. Or, they may be served with the sweetened prune juice or whipped cream.

Prune whip made as follows is a delicious dessert:

1 c. prune pulp	2 egg whites
1 c. powdered sugar	1/2 c. nut meats
1 tsp. cinnamon	Whipped cream

Force stewed prunes through a sieve or ricer to make the prune pulp. Add the powdered sugar, the cinnamon, the egg whites beaten light, and the nut meats chopped. Chill and place a spoonful of whipped cream on each serving.

Have you ever tried prune muffins? They are excellent made as follows:

3 Tb. fat	2 1/2 c. flour
1/2 c. sugar	1 tsp. salt
1 egg	4 tsp. baking powder
1 c. milk	1 c. steamed prunes

Cream the fat, add the sugar gradually, and stir in the beaten egg and milk. Mix the salt and baking powder with 2 cupfuls of the flour, and stir into the first mixture. Remove the pits from the prunes, cut them into pieces, mix the remaining 1/2 cupful of flour with them, and fold into the batter. Fill well-greased muffin pans two-thirds full and bake in a hot oven 20 minutes.

Prunes may also be used in pies and tarts, in salads, in steamed puddings, and in frozen and gelatine desserts. Just your simple recipes for these foods may be followed by substituting prunes for other fruits. They are especially good when combined with nuts.

Want to Get Acquainted?

The following Institute students desire to become acquainted with other Institute students residing in their localities:

Prairie City, Ore.	B. B. Utah
Okla. City or Enid, Okla.	G. A. H. Flatbush, Brooklyn, N. Y.
Port Atkinson, Wis.	C. E. O. Athol, Mass.
Jacksonville, Fla.	G. K. S. New Jersey
Sawtelle, Santa Monica, Ocean Park, or Venice, Calif.	E. E. Alva, Okla.
King or Pierce Counties, Wash.	G. M. R. Paterson, N. J.
Waterbury, Conn.	E. A. C. Upper Michigan
South Portland, Me.	E. C. C. Elyria, Ohio
Belton or Anderson, S. C.	G. M. C. Brookline, Mass.
Macomb, Ill.	E. N. Portage Park or Northwest Side, Chicago, Ill.
Adrian, Mo.	E. L. C. Florida
Lady Smith, Wis.	C. E. S. Huntington, W. Va.
England	M. G. E. B.

My husband, who is a building contractor, and I are looking for a new location, and thought perhaps we could find one through INSPIRATION. I have been doing dressmaking in our home. Both my husband and I would be glad to hear from students who know of a good location.

MRS. H. H. GOLTERMANN,
L. Box 31,
Palmer, Nebr.

I should like to hear from students in the Philippine Islands.

W. L. C.

I should like to become acquainted with Institute students about 18 years of age who live in the vicinity of Sausalito, Calif.

B. M.

I should like to become acquainted with students about 20 years of age, who, having almost completed the Dressmaking and Tailoring Course, would like to go into business.

E. W.

I should like to become acquainted with Institute students between the ages of 20 and 22 years living in Illinois.

S. A.

I should like to correspond with a married woman who would like to employ some one to help with general housework and do plain sewing.

P. J.

I should like to correspond with Institute students in the vicinity of Chariton or Russell, Iowa, who are interested in opening a shop or who want help.

J. B.

I should like to become acquainted with dressmaking students between the ages of 20 and 25 years who live in the vicinity of East Oakland, Calif.

L. M. P.

I should like to make the acquaintance of an Institute student residing in Lewistown, Mont.

MISS KATHRYN ALLYN,
811 Fifth Ave., South,
Lewistown, Mont.

I should like to hear from some one in St. Paul or Minneapolis, Minn., who is taking the Plain Dressmaking Course. I live between the two cities just over on the St. Paul side. My telephone number is Dale 1077.

MRS. MARIE MAY,
Flat 13, 81 N. Oxford,
St. Paul, Minn.

I should like to correspond with Institute students living in distant lands.

D. M. Y.

I should like to become acquainted with students, preferably in Missouri or Eastern Kansas, who are thinking of opening a shop and who want a partner.

MRS. C. E. RUSK,
3643 Highland Ave.,
Kansas City, Mo.

I should like to make the acquaintance of some young mother in N. E. or S. E. Minneapolis, Minn., who is taking the Dressmaking Course. My telephone number is Dinmore 4384.

A. G. G.

If there are any other married ladies near 20th Avenue and Central, N. E. Minneapolis, Minn., taking the Dressmaking and Millinery Courses, I should like to become acquainted with them.

L. S.

I should like to get acquainted with some one in the city or vicinity of Cairo, Ill., who desires a helper or a partner in home dressmaking.

Z. E.

I should like to correspond with a student living in Arkansas—preferably in Conway or Fort Smith—who, having taken the Complete Dressmaking Course, has opened a shop or established a trade and would like to employ a Woman's Institute student who has almost completed the Dressmaking and Tailoring Course.

R. H.

I should like to become acquainted with dressmaking students between 16 and 20 years of age who live in the vicinity of Pottawattamie County, Iowa.

H. V. M.

I should like to become acquainted with a student who is in business in Boston or Springfield, Mass., and would like to employ an assistant.

M. G.

I should like to become acquainted with members in Malden, Mass., particularly with members taking the Complete Dressmaking Course who would consider going into partnership in Malden next spring.

M. C. MacD.

I should like to correspond with Institute students living in Idaho, Washington, California, or Oregon who contemplate entering the dressmaking or dressmaking and millinery business early in the spring, or who are in business and wish an assistant.

MARGARET E. WESTERMANN
Nepesee, Idaho.

I should like to become acquainted with Institute students in the vicinity of Webster Groves, Mo. My telephone number is Webster 632.

L. G.

I should like to hear from an Institute student who needs an assistant. My telephone number is Garfield 2415J.

H. G. F., Cleveland, Ohio.

I should like to become acquainted with a dressmaker in the vicinity of South Atlanta, Ga., who would like the assistance of a student for half days. I should like to obtain a position with opportunities for advancement.

M. S. N.

I should like to hear from Institute students, particularly from one who has a dressmaking shop in Minnesota or North Dakota and has need of an assistant.

A. G.

I should like to correspond with a Millinery or Dressmaking student not over 30 years of age who lives in California.

A. P.

I expect to go to Minneapolis, Minn., soon and should like to get in touch with some one in that city who has completed the Dressmaking Course and would like an assistant.

H. E. N.

If other Woman's Institute students would like to get in touch with the inquiring students, we shall be glad to supply the addresses that are not printed here.



Our Students' Own Page

Saved \$100 On Her First Five Lessons

I wish you could see the many little dresses and rompers I have made out of some of my discarded clothes. My little girl has quite an assortment of bloomer dresses and rompers. Many ideas I have taken from *INSPIRATION* and fashion magazines. For \$23 I was able to make my little girl a blue-serge coat and myself a serge dress with an extra jacket. Then for only \$12 I made my little girl and myself each a silk pongee dress. By making these myself, I was able to have correct-fitting garments and good quality materials.

From a copy of *INSPIRATION*, I got an idea for a little tub hat for my little girl. I had some Indian head for which I paid 20 cents a yard and a small piece of pink gingham left from a dress. The instructions were so complete in *INSPIRATION* that I was able to sit right down and make a pattern, and then the hat. When finished the hat was a right becoming poke bonnet in white with a ribbon of pink gingham tied around the crown and a little windmill appliqued on the crown in black thread. Had I bought such a hat in a store I would have paid \$1.25.

Having studied only five lessons, I feel I have learned a great deal. I am perfectly safe in saying that I have saved at least \$100 on my first five lessons. There is no store here in Philadelphia where I could get my little girl's coat and my dress for \$23. The coat would have cost me \$15 and my dress \$30 or \$35. The same is true of my pongee dresses, for had I bought them I would have paid about \$50.

I used to think that correspondence courses were a huge joke, but since studying myself I see what a great help they are. There is really no necessity for women to make the excuse that they cannot sew or any other when they have the opportunity that the Institute offers.

MRS. LEA K. HINES,
Willow Grove, Pa.

Woman of Fifty Becomes Self-Supporting

It was something over a year ago that I realized, on account of my husband's failing health, I must do something to prepare myself to do more toward the living expenses and the education of our two little girls. I had been reading the stories about the wonderful things the Institute had done for other women and I thought, why not for me too? I always had a liking for sewing and wanted to learn dressmaking when I was younger but never felt that I could spare the time. So, although nearly 50 years old, I joined the Institute.

Some might think it was foolish for me to do this at my age, so I didn't tell any one for a long while; but I don't care now who knows it, as it has been such a help to me and everything is so plain that any one can learn. Not only has the Course enabled me to help with the living, but last summer it enabled me to do all, as my husband was very bad with heart trouble and not able to work for months.

I have made more than fifty dresses since the middle of February, with never a complaint, several of them organdies and voiles, silks, and Georgettes. I made a voile for the merchant's wife here, trimming it with organdy ruffles and French knots and when I delivered it, she said it was beautiful. She brought me a serge to make yesterday.

A young lady was going away to school. I made her several dresses, one a light-blue

organdy trimmed with scallops and bound with white organdy with a small flower embroidered in each scallop, and the other a lavender silk muslin with a darker shade of embroidery and a vestee of white. Every one thought they were lovely. I also made her a wool jumper dress and have a serge and a taffeta dress yet to make. Her mother made the remark that I was getting better all the time.

Another lady brought me a dress to make over. It was a Georgette and mesaline and out of date, and the trimming was worn. I planned how she could have it made, and by getting a little more material she will have a nice dress.

I very seldom buy a pattern and I can draft patterns that fit so well I don't need to change them once in a dozen times. I could almost write a book about what the Institute has done for me.

MRS. B. T. SILICMAN
Yarmouth, Iowa.

Saves Double Her Tuition When Only Half Through Course

I live at least 35 miles from an up-to-date clothing store. Before I started my Course with the Woman's Institute, my clothing seemed to lack the chic, dressy appearance of some of my friends from the city. I could not afford to spend very much on my clothes, and one or two new dresses each season were all I could possibly hope for. The small stores near us keep dresses and hats that are at least one season behind the large cities. I could never get exactly what I wanted;

therefore, when the new garment was brought home it had to be made to fit. Of course, it lost much of its original style.

While looking through a magazine one day I came across a story that explained so beautifully the wonders of the Woman's Insti-

tute, I decided to enroll and after 8 weeks I drafted my own patterns and made two gingham dresses, which were very much admired by every one.

I have made all of my summer dresses. I made over a black satin dress and a blue taffeta dress, two new gingham dresses, a white satin skirt, a beaded silk blouse, a white wash dress, with total expenses amounting to \$10.

In cooking I have learned to plan meals and cook them, saving more than half, where I used to waste it. The Institute has been especially helpful in teaching me to use left-over food. The recipes are so simple and made so plain by illustration that I cannot help but get them right. I could cook a few simple dishes, but knew little about planning meals and the food value of the food I cooked. The lessons are so interesting and simple that I can hardly wait for the next ones.

The Woman's Institute has been a wonderful help to me, and I am sure that with only half of my Course finished I have saved enough to doubly pay what I've spent for my lessons.

MISS BONNIE CONGLETON,
Clearwater Lake, Wis.

A Mountaineer Dressmaker

About two years ago my husband and I spent our vacation touring through the mountains of the Canadian Northwest. For several days we continued our journey, and growing weary, we sought the home of a mountaineer for rest and provisions.

The little cottage looked like a ghost of white against the mountain side. Upon the broad rose-covered veranda sat a flaxen-haired matron. We spent the night there and in the morning, after looking over the farm, we gathered upon the veranda to hear from the lady how she whiled away the lonely days on the mountain.

For ten long years she had lived in this mountain home and was very happy. Never had she been to a city or a town during that time, her only excitement being the small trading post some 3 miles away. Today, needle in hand she sat sewing on a dainty lawn frock for a neighbor girl.

"You must have been educated in a convent and taught the real arts," I ventured to say. "Do you really like my things? And you are from the city too? I am so glad. I did not learn it from a convent. Once I had a friend from the city who visited me. She had so many beautiful dresses, hats, and dainty underwear she had made. The Woman's Institute had taught her all these fine arts, so I decided to become a student also. When I began studying I could not make a decent seam. But now I make all my dresses, hats, coats, and earn much by doing the same for my far-away neighbors. They call me 'The Mountaineer Dressmaker.'"

My eyes were opened! If this woman far away from civilization and city life could be a success, so could I. Without even a sewing machine, she had mastered the Woman's Institute Course in Millinery and Dressmaking, earning the money with which to buy a modern sewing machine and paying for her courses of study.

I became an Institute student. Much of my inspiration has come from that mountain trip. I am very proud of my work. So many have complimented me on it. I have sold my hats for good prices. The ribbon and organdy fancies sell very well. I have made enough to pay for the Millinery Course by selling home-made ribbon roses and fancily tied ribbon bows. MRS. W. B. FIELTZ,
Oakland, Calif.



For full information regarding Courses in Home or Professional Dressmaking, Millinery, or Cookery as taught by the Woman's Institute, address a letter or a postal card to Woman's Institute, Dept. 21, Scranton, Pa.

3-00

Inspiration

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Devoted to the advancement & encouragement of the students
of the Woman's Institute of Domestic Arts & Sciences, Inc.

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Inspiration

1922

Edited by GUSTAVE L. WEINSS

Fill Your Storehouse Right

At the end of every day, you are either richer or poorer, whether it be in money, in experience, or in knowledge. You cannot remain the same even if you want to, for always there is change.

But you can always strive to control the way in which changing conditions affect you by filling up your storehouse right.

You can accumulate money by systematic saving, and such a plan is good, for a storehouse of available funds does much to induce peace of mind.

You can profit by your experiences, sifting the good from the bad, and thus fill your storehouse with good counsel. "Experience is a good teacher," says the philosopher, "for it will help us to shape our future."

You can fill your storehouse with knowledge. Knowledge is a thing that cannot be readily taken away from us, and it can be increased continuously with very little effort.

So, "Would you be safely on your way? Then lay up treasures day by day." Save wisely; profit by your experiences; but, most of all, cram your storehouse full of knowledge, for knowledge will serve you well should "riches take wings and fly and leave you with a face awry."

□

The Joy of Doing Things

Of all the joys that enter into our lives, it would be difficult to find one greater than that which brings from us the exclamation, "See, I did this all myself."

Can you picture the delight that comes to a child who has mastered the art of writing his own name for the first time? Can you conceive the joyful assurance that thrills the inventor who has perfected the plan of his dreams?

You can, because you know yourself the joy that comes to you when you accomplish something you have set out to do. And be this something great or be it small, the joy that results from doing it is what makes life worth while because it arouses in us enthusiasm for greater things.

I know of a woman who, until about a year ago, could not bake a loaf of bread. And well do I know the happiness that came to her—and her family, too—when she tried and persisted and found out that

Between You and Me

BY THE EDITOR

she could make bread as well as the next person. Her achievement meant not only good home-made bread, and then cakes and pies for her family, but a mother filled with an inward glow of happiness and satisfaction in being able to do something she could not do before, a mother made

more self-reliant with the assurance that she could do what she set out to do.

Yes, joy does come from discovering that we can do things, and it is the actual doing of them day by day that leads to worth-while accomplishments.

The daily performance of simple tasks closely akin to drudgery fits us for the performance of more important work without our being conscious of it. The making of a common apron, a simple waist or dress, a plain hat, besides affording joy in accomplishment at the time, produces in us the skill needed for making more elaborate wearing apparel. Even the studying of a lesson or a section or a single paragraph will enable us to claim for ourselves a bit of knowledge that we did not possess before.

Every greater act we perform is but the result of a lesser beginning. And our reward is not alone the joy that comes with doing things, but also the assurance, the confidence, we gain in our very selves.

□

The Secret of "Bigness"

Would you like to know the secret of being really "big"—not physically, but mentally? You can learn it if you are willing to carry out the resolutions offered by Dr. Frank Crane, but not if you merely read them:

"Just for today, I will exercise my soul in three ways, to wit:

"I will do somebody a good turn and not get found out. If anybody knows it, it will not count.

"I will do at least two things I don't want to do, as William James suggests, just for exercise.

"I will not show any one that my feelings are hurt. They may be hurt, but today I will not show it."

After you have tried this plan and learned the secret, put it into use as often as you can. It will do you no good merely to know it. As is true of all knowledge you acquire, you must continually put it into practice if you wish to profit by it.

Today's Dress—and Yesterday's

IN comparing today's dress with that of yesterday, I cannot help but remember the incident when, as a youngster, I, in fun, donned a corset and with smart grownupness paraded about in it. I was immediately sat down and told a very ugly, gruesome story about a woman who laced her corsets until her waist measured but 17 inches.

The story was to the effect that this woman, when she planned to go anywhere, even to church, would refrain from eating for two whole days; that when meal time came she would lace up her corsets to overcome her hunger; that they found her ribs had pressed themselves into her liver and had also crowded her stomach until the pain produced lockjaw and death when she was only thirty-one.

No skeleton in the night, no hoot owl or crying cat, ever put as much fear in my thought as did this story about the fatal effect of corsets. But as I came into womanhood and the story dimmed in my memory, vanity and apparent necessity put me into a corset at a time, fortunately for me, when the small waist had stretched itself into one of normalcy.

BUT before we pass on from the thought of the very small waist and tight corsets, I want to ask how many of you know that it is all a mistake about corsets originating in the 11th century? Egyptian mummies have been unearthed, which show that bandages as corsets existed more than 6,000 years ago. Corsets did, however, experience a great revival in the 11th century, and, as you know, 'twas Catherine de Medici two centuries later who made them famous, demanding, as she did, that all women of good birth and breeding in her kingdom reduce their waists to 13 inches. This was accomplished by many through great sacrifice, starvation, and pain, for to do it they had to wear a steel corset of armor plate that was torturous in every sense.

I wish time permitted—I'd like so to tell you of the first corsets of bandages; then of the ones of 1/4-inch skins punctured with holes; then of the armor-plate ones that I have just mentioned, the wearing of which could only produce tittering, silly women, made hysterical, I would say, from the very aching of their bodies.

EVER since the 13-inch waist spree, moralists and physicians and many other good citizens have decried the use of corsets. How much credit is due to these people for their work and how much is due to the progress and independence of women in the present day, are in themselves subjects for a whole evening. At any rate, we should realize that the present state is one of growth. Also, we should appreciate what it signifies for the future.

Mrs. Picken recently gave this instructive talk to an interested audience of women. We are passing it along to our readers, in order that they, too, may have the benefit of it.

—EDITOR.

By MARY BROOKS PICKEN
Director of Instruction

Corsets have three functions—only two if slenderness is the asset and exercise and much walking are the habit. These are, respectively, to hold up the stockings and to make for a neat waist line. The third reason—you all know it already—is that a corset helps to confine the hips and to control a surplus of flesh. Women everywhere realize that a corset should be worn for neatness and not for support. A back that cries for a corset needs, instead, waist and back exercises that will overcome the sense of fatigue when a corset is not worn.

I READ the other day that an old man goes through a business depression much better than a young man because the older man knows that when a panic has subsided conditions will be more nearly normal and better than for several years, and so he endures the depression for the sake of the good times that, from experience, he knows are coming.

And those of you who have followed the evolution of women's clothes realize with me that we are approaching, if not experiencing, a period where the modest woman's dress, even if not artistic, is the sanest, healthiest, and most natural of all periods.

To prove this, look back at your grandmother and your mother and the clothes they wore—tight corsets, garters, long germ-trailing skirts, many petticoats, high collars, and sometimes big, stiff sleeves.

I have heard a good old man tell, in teasing his wife, that when he courted her, when he took her to church, there was not room in the buggy for her, her sleeves, and him, so he was forced to walk alongside and drive.

THE disappearance of the high collar has made it possible for us to pry into our neighbor's business without so much discomfort, and, besides, doctors say that throat troubles are reduced to half what they were and we know that necks have no ugly brown lines from restricted circulation. Some say, in defense of the high collar, "Yes, but look at the double chin." But doctors say that such chins are not health hampering and we who have them know that they are most comfortable.

The soft, cozily warm coat of today is another expression of good sense and health in clothes. All of you remember when the modish Christy girl donned a thin suit, a fur neck piece, black patent-leather pumps,

silk stockings, white kid gloves, and a violet corsage, and faced the bitterest winter weather, feeling that she was beautifully and properly attired. The coat has done away with the thin suit in winter. The one-piece dress has replaced, almost entirely, the thin shirtwaist in business and has given us at least garments with weight carried on the shoulders, rather than at the waist line. High-heeled shoes are tottering out, and arctics, ugly as they are, even when properly buckled, are, in blustering winter, making amends for the absence of high shoes.

HATS without hat pins are another evidence of growth. The crown of a hat, to be rightly proportioned, should be large enough to fit the head, but we have been a long time getting our heads to a right size to fit our hats. Still, that has been accomplished and few of us can believe that we will ever go back to the little hat pinned on the topmost top of our heads.

We have had for a time the extreme in short skirts, but they are passing with the "flappers." All Paris is talking slightly longer skirts. Already they have found favor in America. Plucked eyebrows are no longer fashionable. Bobbed hair is being tucked under. Rouge is growing paler with the days, and so the flapper and the modish, modest woman are keeping step just now.

A FASHION authority of international reputation has written pages about the "shackles of dress," saying that women could never make a success in business because of the length of time consumed in putting on and taking off and in caring for their clothing.

The time was when women could not have done one other thing but dress and preside or chatter as the occasion demanded. But that isn't true today. Some of the brightest, most capable, and happiest women I know dress in beautifully becoming good taste and yet dress and undress as quickly as any man. The fates evened things up for man and woman when they gave hair to be dressed to a woman and beards to be shaved to a man; so, with those handicaps, an even start is assured, and with present-day fashions no woman need take more time for her toilette than her husband or brother.

When we women look back, we must glory in the common sense that has been brought to bear in women's dress. We truly have occasion to be glad and grateful.

Today's materials are beautiful; shoes are smart and comfortable. You can sing or run a race in your corsets; hats stay on and stockings stay up. And since we can actually get dressed before breakfast, we should be glad, for we can see that efficiency has dawned on the horizon of women's dress. Now, to work, to make modern dress beautiful, and we shall have perfection.

Fabric Dominates Spring Millinery

THE use of such fabrics as all-over visca, timbo, cellophane, "triple" taffeta, Canton crêpe, moiré, and faille is an outstanding characteristic in the styling of hats for early spring. There is an infinite variety of these different fabrics and they assume the most fanciful arrangements. Usually they come in the popular laque effect, which, by the way, is the new term for *ciré* and means the same polished or glacé finish.

Shapes and colors are next in importance, because when fanciful fabrics are employed in developing hats, elaborate trimmings are dispensed with, and the hat beautiful depends on the line, angle, or flare of the shape, features that are very much in evidence at present, together with the color or the combination of colors that is most becoming to the wearer.

TWO charming hats of faultlessly artistic contour are illustrated in the cover design of this issue of *INSPIRATION*. The one at the left, an effective combination of Newport green, black, and white, is presented in a medium-large, broad-at-the-side poke shape of timbo straw in the new shade of green that strongly resembles jade. The edge of the brim is finished with a tiny roll or tubular flange. The crown is shaped down in telescope effect at the back and sides, forming an even, light roll across the front, the base of it being finished with a tubular roll similar to that used on the edge. The flower trim, which is applied at the right side back, both on the top and the under brim, consists of several white pond lilies, the edges of the petals being tipped in black lacquer, and a spray of green foliage.

THE hat illustrated at the right emphasizes clearly that the broad-side, short-back, slightly mushroom brim, regardless of its minute or exaggerated proportions, is anchored in styledom. The variations that can be made with this type of brim as a basis are unlimited. In the development of this model, black visca all-over is used for the top brim and soft balloon crown, and black Canton crêpe makes the facing. The regularity of line and the somber blackness of this hat awaken no special interest until it is supplemented with two brilliant-green bead parrots that spread their long tails and wings flat over the front of the crown and on the side brim. These gaily colored bead and embroidery birds are new, and, in this country, they are used in preference to feathered birds, which are quite the mode in Paris.

By MARY MAHON
Department of Millinery

WHAT is more suggestive of spring than the solid flowered turban or toque that sometimes widens out into picturesque tab extensions at each side? Equally interesting is the medium-sized upturned brim of flowers and fabric combination, shown at the upper left of this page. Violets provide a typical



spring flower and color.

The foundation is a vizor-brim turban having a narrow coronet running across the front to each side and a wider one at the back which flares out in a wing effect at the

sides. Purple visca braid is used to cover the back coronet and crown, the braid being sewed in strips from the head-size on top over the edge of the brim to the head-size underneath, and from the base of the crown up to the center top, an apex being formed by one strip of braid being lapped over the other. The front coronet is covered with a bias strip of silk-warp crêpe, and before it is stitched into the head-size on top, the violets are appliquéd on the outside. The inside facing is then stitched to the head-size and a band of narrow ribbon is drawn around the base of the crown.

CANNA visca develops the delightful wide-at-the-side model in the center. The brim, faced with self-toned taffeta, is made backless by a slash that runs into the head-size at the direct back and is then cut off so as to make a curve. The portion of the brim at the right side is left a little wider, so as to serve as a foundation for the flat roses that are appliquéd on this side and continued in a trifle on the under facing. A band of two-tone ribbon is drawn around the crown and finished with a bow at the left side front.

TIGER-LILY color, which closely resembles the established old rose shade of yore, combined with a wreath of tiny black cherries and long, pointed, green glacé leaves as a trimming, is the color scheme of the model at the right. A medium-sized cloche shape with a rather large bell crown is fitted plain with faille, the under facing being made of a plateau in the same shade, only a little darker in tone. The wreath of cherries and foliage encircles the base of the crown, and, at the right side back, where the edge of the brim is turned under toward the head-size, a large bunch of the foliage and cherries, tied with a piece of black velvet ribbon, is attached, one long end of the ribbon falling over the right shoulder.

ORNAMENTS are of surpassing interest this season owing to the extreme novelty in their design, and the success of the new hats is insured by the use of these ornate trimmings.

Among the genuinely new effects in ornaments is the *Etain cabochon*, which in reality is ordinary tinfoil crumpled over a buckram foundation, with mother-of-pearl embroidered in the folds. The idea is rather novel; nevertheless, it is meeting with favor and is extremely effective on large, dark-colored moiré hats with irregular brim tendencies.

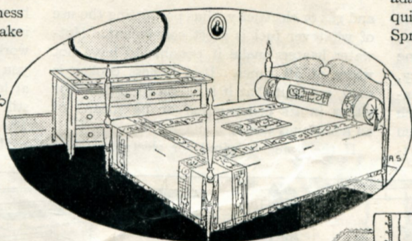
"Fire-cracker" is indeed an appropriate name for the attractive model at the lower center, which is developed of Batavia cloth in *feu Lanru*, a new flame red. Its upturned brim is flanged by a row of red match-stick beads tipped with tiny steel beads. The brim forms a diadem in the front, and a huge rosette or pompon of the beads is applied at the point. In some instances, long wooden beads are shellacked and colored to look like gallinix or ivory, and when tipped with a steel bead they make an effective trim for an all-black hat.

The foundation frame for this model is the regulation chin-chin brim with a medium high round crown. This foundation is first covered with flame-color, silk-warp crêpe. The top brim and crown are then covered plain with Batavia, the outside or facing of the brim being applied in two sections, or flanges. The first one, which is about 1 inch wide, is applied at the edge, and then the row of match sticks, which come in a fringe, is applied on this flange, the steel beads at the top being allowed to extend beyond the edge. The remaining portion of the brim covering is applied next. This finishes the raw edge of the flange and match-stick trimming by means of a corded edge. Then the brim is shaped into the crown at the center front, and the rosette made of myriads of the little spikes is applied in the dented portion. Sequins that are shaped long and pointed, after the manner of a blade of grass, are also used for this type of trimming or for the entire facing.

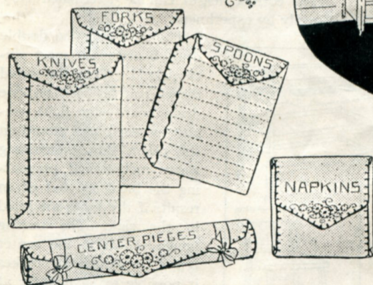
The Well-Stocked Linen Closet

FEW modern brides-to-be are absorbed in the preparation of household linens to the extent of devoting hours and hours to very fine, tedious handwork, for the business and social activities of the average girl take up such a large portion of the day and evening that there is but little time left for

By ALWILDA FELLOWS
Department of Dressmaking



BED COVERINGS are a very important part of the linen-chest equipment nowadays, but those of an unusual nature are quite expensive if purchased ready made. Spreads of unbleached muslin with large appliqué designs in color or designs in tufted, or coarse French-knot, effect can be made very quickly at a minimum expense. Or, if a



any other than the very necessary sewing and dressmaking.

In spite of this, the modern linen chest holds its own very well in comparison with the chest of former years. The little it has lost in the lack of fine handwork done by its possessor seems to be more than made up by her quickly executed but nevertheless very effective embroidery of the kind that is now so popular, and also by the exquisite bits of foreign needlework that are really not prohibitive as to price.

Several examples of the kind of embroidery that so quickly and delightfully stocks the present-day linen chest are shown on this page.

FIRST of all, illustrated at the left, is a set of containers not only for linens, but for the choice silverware that one may desire to keep from becoming scratched or from tarnishing when it is not in use. The set is made in tan cotton of a rather coarse weave similar to linen and is decorated with appliqué in the form of patches of chambray in various colors secured in position by short blanket-stitches of the same color as the chambray. An enlarged detail of the appliqué is shown just above the set. The edges of the set are blanket-stitched in a medium, rather bright blue, and the lettering is outlined in the same color.

For the knife container, supply a piece of material 20 inches long and 24 inches wide and, if you wish to interline the casing portion, a piece of light-weight Canton flannel 17 inches long and 18 inches wide. To make the container, apply the Canton flannel as a facing with one of its corners even with the lower right-hand corner of the material, thus leaving an extension of the material at the left and above the Canton flannel. Then fold the faced portion lengthwise through the center,

mark the lines for the casings, usually a dozen, and stitch through the four thicknesses of the material on the marked lines. Afterwards, shape the extensions at the left and at the top as you desire

them and apply the decorations. The extension at the left will form a flap that may be folded back over the openings, and the one at the top a flap to indicate the contents of the container after it is rolled up. To hold the roll, apply tapes or tie a ribbon around it.

Make the fork and spoon containers in a similar manner, using a piece of material 18 inches wide for teaspoons and 24 inches wide for soup spoons or tablespoons.

A cardboard foundation such as may be obtained in an art needlework shop or department is required for the center-piece roll. This may be of any size you desire.

For the napkin case, provide a piece of material 24 inches square and from each corner of this cut out 8-inch squares, thus leaving strips long enough to fold over a dozen dinner napkins folded in the regulation manner.

LUNCHEON SETS are shown in such a charming variety of outline, materials, and decorations that it is difficult to make a selection. Ecru, or natural, linen is now popular in both plain and damask weaves.

At the extreme right are shown the center piece and a plate and a tumbler doily of an ecru-linen luncheon set that is edged with cross-stitched hems and embroidered in soft rose, blue, and green in darning, blanket-, and cross-stitches.

Next to the set of doilies is a white luncheon cloth embroidered in the vivid peasant colorings now so popular. An enlarged detail of the embroidery, which is in darning- and fine blanket-stitch effect, is shown above it.

Underneath the luncheon cloth is shown one of a set of doilies in ecru linen edged with a rather coarse ecru lace and embroidered in blue, canna, and black in darning- and lazy-daisy-stitches. It is not possible to obtain transfer patterns for the embroidery designs, but you will have no difficulty in copying them.

spread of finer quality is desired, this may be made of marquise of substantial weave, beach cloth, or jewel cloth, which is a rather coarse plain weave with open work that forms a check effect, and trimmed with insertion.

At the upper center is shown a spread with bolster cover to match, trimmed very attractively with strips of fllet insertion and fllet pieces. Dresser, dressing-table, and chiffonette covers to match would make an unusually lovely bedroom set.

THE requirements of a linen chest vary according to the size of the prospective home and the amount of entertaining that will probably be done. Dining-room linens usually should include from three to six table cloths, one of large size with 1 dozen dinner napkins to match, 1 dozen napkins for ordinary use, one or more luncheon sets, and as many buffet covers, center pieces, and doilies for various purposes as one's time and linen allowance will permit.

Kitchen linens should include at least a dozen dish towels and as many dish cloths.

Bedroom linens should be regulated in quantity by the number of bedrooms. As a rule, 1 dozen sheets, 1 to 1½ dozen pillow slips, three or four bed spreads, three blankets, three comforters, and three or four sets of covers for the dressers, etc., are ample for two bedrooms.

For the bathroom, an abundance of linens are required. At least 1 dozen towels for ordinary use, ½ to 1 dozen bath towels, ½ to 1 dozen guest towels, 1 dozen wash cloths, and one or two bath mats are none too many.

The fastidious taste calls for initials or monograms on table and bed linens. Although not essential, such work gives an individuality that is very desirable and, besides, simple initials do not require a great deal of time for their development.

Perfecting the Woman's Workshop

WE have been hearing a great deal about efficiency during the last ten years. And what has been the result? A marked improvement in the running of business concerns, in the working of farms, in the making of automobiles—in fact, every line of endeavor has shown an upward tendency.

But can we say the same thing of the running of the home—the domain over which the housewife presides? Much has been accomplished by the home economics departments of schools, colleges, and magazines, but there is no business today that has been so backward in adopting up-to-date methods and the findings of science as that of housekeeping. How many kitchens do you see that are equipped with the same devices that the housewife's mother and grandmother used? A great many, I'll wager. And all because we hesitate to take advantage of the improved devices that manufacturers are perfecting for us and we are slow to adopt the short-cuts in modern cookery methods that experts in home management are showing us all the time.

Instead of making so brave an attempt to furnish living rooms, reception halls, and bedrooms so that they will be admired by your friends, why not resolve to expend the same energy and money on the kitchen with the thought that this room—your workshop—must be your most interesting room, since it is here that you carry on the engineering of your home? Then it will become a pleasant spot and the usual drudgery of housework will lose its sting. And the best part of this plan is that your vitality will be saved for the more esthetic aspects of life, which are conducive not only to growth and development but to happiness and contentment as well.

IN ORDER to overcome guesswork in baking and roasting and the cooking failures that are likely to result, your stove should contain an oven thermometer. In the latest gas-stove models, the oven, which has a glass door, is placed at the side so as to prevent the inevitable stooping that the older kinds require. Also, mechanical devices that regulate the temperature are now installed in stoves so that food left in the oven while one goes out for the afternoon will be cooked to a turn upon one's return. There are, too, combination stoves which burn both coal

By LAURA MacFARLANE
Editorial Department

and gas or electricity, thus permitting the use of whatever fuel is most convenient. Hot-water heaters make it possible to have hot water at all times. If a fireless cooker is used, see to it that it is raised from the floor either in its construction or by means of an additional stand.

If the home is wired for electricity, you

one has now been converted to the sanitary type of sink made out of porcelain, enameled iron, or vitreous china. The backache caused by constantly bending over a sink that is not installed at just the right height for the worker, is familiar to most housewives. If you are over 5 feet tall, your sink should be at least 35 inches from the floor, and higher still if your height runs about 5 feet 6 inches. The correct height can be determined very easily by experiment.



Double-lipped saucepans permit pouring from either side.

A teakettle with double boiler eliminates an extra utensil.

A rolling pin containing ice makes good pastry-making simple.

A flexible spatula is always in demand.

A long-handled spoon removes the contents from tall bottles.

A set of measuring spoons prevents uncertain measurements.

An apple corer removes the cores of apples with rapidity.

A lemon squeezer with place for contents prevents waste.

Wire whips can be had with meshes of any size.

A potato ricer easily wins over the old-time potato masher.

The sink with the double drain board is the most efficient kind. Then the soiled dishes can be piled on one drain board—the right usually—washed, and placed on the other, thus overcoming waste motion and preventing the breakage that often results if the dishes are piled in the sink. The mixing faucet shown at the center top of the illustration makes it possible to have water at whatever temperature is desired.

SEVERAL details in the kitchen table increase its efficiency. It should be on rollers so as to be easily moved and its top should be made of enamel or zinc, so that hot dishes may be set on it without disastrous results. If your kitchen is of a size to permit it, a table such as shown in the upper left-hand corner will prove an inestimable help. Here a shelf under the table takes care of many of the large cooking utensils and the center rack over the table holds others, as well as contains hooks for those that can be hung. And drawers for knives, etc. are also a feature. Imagine the joy of

preparing a meal with practically every one of your utensils within arm's reach. Too much cannot be said about the kitchen cabinet. There can be no excuse for not having everything in its place when there is a place provided for everything. How much more you can enjoy your afternoon callers if you have not exhausted your energy and your patience by making countless trips to the pantry for the flour, the nutmeg, the vanilla, etc. when you are making the dainty cakes to serve them. A kitchen cabinet also provides an additional working surface and height, certain types of work requiring one height, and certain others, another.

When you investigate a sink, you should give the most thought to its height from the floor and its design, for practically every

preparing a meal with practically every one of your utensils within arm's reach.

Too much cannot be said about the kitchen cabinet. There can be no excuse for not having everything in its place when there is a place provided for everything. How much more you can enjoy your afternoon callers if you have not exhausted your energy and your patience by making countless trips to the pantry for the flour, the nutmeg, the vanilla, etc. when you are making the dainty cakes to serve them. A kitchen cabinet also provides an additional working surface and height, certain types of work requiring one height, and certain others, another.

When you are selecting a work chair for your kitchen, choose one that is at least 15 inches higher than the usual chair. And make sure that it has a back, as here shown,

to prevent fatigue. A small step-ladder is a very useful thing in a kitchen and it provides an extra seat. A wheel cart with removable tray, as shown in the upper right-hand corner, makes it possible to carry all the soiled dishes from the table in one trip and facilitates numerous other tasks.

MUCH more could be said about the kitchen efficient—the various kinds of floor coverings, the correct arrangement of the kitchen equipment, the caring of the refrigerator, the

advisability of keeping a household file, etc.—but all these are big matters in themselves. Shall we just mention the kitchen beautiful and let it go at that?

Have you ever gone into a kitchen in which the windows were so placed as to admit the streaming sunlight and were curtained with dainty checked gingham, the walls were a pretty tan and the floor a soft green or blue, where a snow-white sink held sway on one side and a white enameled stove on the other, with a white kitchen cabinet in between,

where gleaming aluminum pans hung like mirrors in stately rows—in fact, a kitchen in which pretty colors harmonized and every article of furniture seemed to be chosen with an eye for beauty as well as utility? If you have, then you know the desire and inspiration it gave you to revolutionize your kitchen at home; if you haven't, why not resolve to make your own kitchen one of which you will be proud and in which you will find pleasure in performing even the homeliest tasks?

Woman's Institute Question Box

Making Wide-Sleeve Pattern

Will you please give instructions for making a pattern for the new wide sleeves that have a very long armhole line and, also, tell how to change the armhole of the waist pattern to correspond? P. W.

The most satisfactory method of developing these patterns is to use as a foundation a kimono waist pattern made with a very deep effect at the armhole, place this on the figure, and mark on it the position you desire the armholeline. To form the separate waist and sleeve patterns, cut the kimono pattern on the marked line. Before you use the pattern for a garment, it will be well for you to try this out in muslin to make sure that the line is correct.

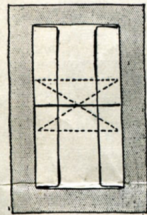


FIG. 1

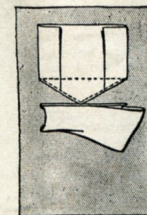


FIG. 2

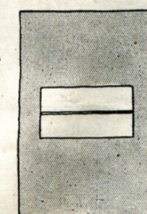


FIG. 3

A Simple Bound Buttonhole

For the idea of making a bound buttonhole in the very simple manner that is here illustrated, we are indebted to Mr. Edmund Gurney, who conducts classes in tailoring in the University of California and the Oregon Agriculture College. Mr. Gurney very kindly gave us permission to pass this idea on to Woman's Institute students.

This method is suitable for making buttonholes in wash and silk fabrics and for silk-bound buttonholes in woolen fabrics. For each buttonhole, provide a straight piece of self-fabric or contrasting fabric $\frac{1}{4}$ inch wider than you wish the buttonhole and about $2\frac{1}{2}$ inches long. Turn under each of the long edges of the strip $\frac{1}{4}$ inch and press them flat; then place the strip, as shown in Fig. 1, so that its crosswise center is directly over the line marked for the buttonhole and its sides are even with the ends of this line. With the strip pinned or basted to the dress, stitch in the manner indicated by the dotted lines, diagonally through the center in opposite directions and straight across the strip, about

$\frac{1}{4}$ inch above and below the crosswise center. Then slash along the crosswise center on the heavy line just to the turned edges of the strip, cutting through the dress material as well as the binding strip and being very careful not to extend the slash farther than the edges of the strip.

Next, cut away the surplus binding material close to the diagonal stitching, as shown in Fig. 2, draw the free ends of the strip through the opening to the wrong side and press the strip back over the crosswise stitching. The illustration shows one free end drawn partly through the opening.

Finish the binding on the wrong side by turning under each raw edge and slipping it down over the lines of crosswise stitching, just as you would finish an ordinary binding. Then, with extremely fine stitches, whip down the turned edges at the ends on both the right and the wrong side, taking several stitches over the ends of the opening on the wrong side so as to prevent them from tearing out. Fig. 3 shows the finished buttonhole.

Want to Get Acquainted?

The following Institute students desire to become acquainted with other Institute students residing in their localities:

Millersburg, Pa.	G. M. N.
Billings, Mont.	L. C. D.
Springfield, Ohio	L. D.
East St. Louis, Ill.	E. G.
United States or foreign countries	P. S.
New York, N. Y.	M. M. A. P.
Orange or Newark, N. J.	J. S.
Providence, R. I.	K. A. L.
Atlantic City, N. J.	E. W.
Donora, Pa.	M. D. M.
Mt. Vernon, N. Y.	S. W. S.
Chicago, Ill.	M. S.
Centralia or Mt. Vernon, Ill.	M. G.
Reading, Pa.	R. N. G.
Massachusetts	P. S.
I should like to become acquainted with a milliner, preferably in Kansas, who needs help in her shop.	E. B.
I should like to become acquainted with Institute students about 19 years of age.	G. K.
I should like to become acquainted with a Dressmaking student about 20 years of age who lives in Southern New York or Northeastern Pennsylvania.	H. B.
I should like to correspond with some one in the millinery business in Western Iowa or Eastern Nebraska who would like an honest, reliable partner.	S. M. W.
I should like to correspond with a student who desires to open a shop in the eastern part of Pennsylvania.	M. B. M.
I should like to get in touch with a good milliner in Illinois, Indiana, or Ohio who needs an assistant in her shop. I am a student in millinery and have almost completed the course.	L. M. C.
I should like to get in touch with some one who has a small shop here in Brooklyn Heights, N. Y., and would like me to make things for her to sell.	H. B. H.
I should like to become acquainted with a married woman about 24 years of age who lives on a farm and would like to correspond with me.	G. A. O'D.
I should like to correspond with girl students of the Institute about 18 years of age.	M. H.

I should like to become acquainted with Institute students living in Boston or vicinity.

MISS ANNA R. SKILLIN,
252 Marlborough St.,
Boston, Mass.

I should like to correspond with girls 16 or 17 years of age who are taking the Dressmaking and Tailoring Course.

H. P. K.

I should like to correspond with an Institute student living on a farm in Michigan who is from 18 to 20 years old and is taking the Dressmaking Course. V. G. B.

I should like to become acquainted with a Dressmaking student in Chicago, Ill., or vicinity. My telephone number is Rogers Park 0039—address, 6401 Ridge Avenue.

J. L.

I should like to become acquainted with Dressmaking students in or near Redlands, Calif., who wish to form a club. Also, I should like to correspond with Spanish girls outside of Redlands. My telephone number is Blue 1036.

MISS CARMEN LOPEZ,
1017 Calhoun St.,
Redlands, Calif.

I should like to become acquainted with Institute students about 21 years of age who live in Schenectady, Albany, or Saratoga, N. Y.

P. G.

I should like to correspond with Institute students in the vicinity of Girard, Ill.

MISS MABEL PERKINS,
R. R. No. 2,
Girard, Ill.

I should like to become acquainted with girls 18 years of age living in the vicinity of Duluth, Minn., who are taking the Complete Dressmaking Course or the Millinery Course.

E. M. H.

I should like to become acquainted with a student of the Complete Dressmaking Course living in Anderson, Indianapolis, Tipton, Ind., or anywhere in that state, who has a shop and would like to have an assistant.

M. C.

I should like to become acquainted with a Millinery student in Toronto, Canada. My telephone number is Belmont 28.

I should like to become acquainted with students of the Complete Dressmaking Course. My telephone number is 582R Bell Phone, Lancaster, Pa.

A. M. G.

I should like to correspond with Institute students in Missouri who would like to go into business or who desire help.

H. J. V.

I should like to correspond with a Dressmaking student living in Washington along the coast, preferably one who has a daughter 2 or 3 years old to dress.

E. M. S.

I should like to become acquainted with Institute students who are interested in opening a dressmaking shop with another student.

J. B.

I should like to correspond with some one in Elmira, Rochester, Geneva, or Syracuse, N. Y., particularly with one taking the Dressmaking or Millinery Course who might be interested in opening a shop for women's and children's things—lingerie, children's clothes, nurses, furnishings, negligees—not an ordinary dressmaking shop, but more in the line of a woman's exchange and made-to-order things. M. S.

If other Woman's Institute students would like to get in touch with the inquiring students, we shall be glad to supply the addresses that are not printed here.



Our Students' Own Page

How I Solved Our Clothes Problems

Nearly a year ago, before taking up the Dressmaking Course in the Woman's Institute, I didn't know how I was going to get the clothes that my children and I needed, and now our clothes are both beautiful and good.

Last spring the serge street dress I wanted was marked \$40. I made one like it for \$15 and made nicer sleeves and a prettier embroidery design. The nicest skirt I ever wore is a box-plaited plaid that cost me \$5. The same skirt ready made would have cost from \$12 to \$15. I made some pretty blouses out of two of my last summer's dresses. My mother gave me two voile dresses of hers, one figured and one plain, the waists of both were worn, but the two skirts made me a beautiful summer dress, as they were both lavender shades and combined well.

I have made all the children's clothes out of what my sister had laid away as being worn out, but were perfectly good, only out of style.

I made myself some beautiful underwear. One silk petticoat would have cost me \$7, and I made a set of four pieces for that.

I made all my husband's shirts for half what he used to pay for them, and they are made of better materials.

I intend copying a brown broadcloth suit that is marked \$65 in a store window. The material and findings have cost me \$20 and I can now have the proper shoes, gloves, and hat that go with a suit to make it perfect, and it will be the first nice suit I ever had.

I draft all my own patterns, which is a great saving, as I used to spend more in patterns than the garments I would make were worth. I can now put the simple new ideas into my dresses which the dressmakers here seem afraid to attempt.

When I told my husband that I had paid for everything we all needed and nearly paid for my Course out of my clothes-allowance money, he said I had done more than well and we had never looked better. But it is to the Woman's Institute I owe it all, for without its help I would never have been able to do the things I have done. Besides, I have learned something that will be a saving and a pleasure to me as long as I live.

MRS. EFFIE M. PRICE,
Indian Head, Sask., Can.

Girls in College Admire Daughter's Clothes

All my life, or since I was old enough to want pretty, attractive clothes, I have wished and wished that I were a seamstress. There being a large family—ten of us—I was always lamenting about the high cost of living and especially our clothing bills. We could not afford expensive clothes nor very many, as five of us are women.

I had read so much about the Woman's Institute and its wonderful work that my husband was very eager for me to try the Course. He said, "Why not take up a Course; I am sure you will make a successful seamstress, if any one can."

I did not think I could learn by mail, but any one can, it is so simple and easy. I do all of my own housework and care for seven children. At night I spend two pleasant hours with the Woman's Institute; besides, I go out one or two nights a week or have company.

The Woman's Institute has taught me to use less material, to cut to better advantage,

and to fit properly; and the alteration of patterns is wonderful. I have made thirty or forty dresses this summer, using the same plain-waist pattern for all. Some of them were elaborate organdies and taffetas, organdy and tissue gingham combined, and two beautiful ones of taffeta and gingham combined. I have several orders for more. Every one was so pleased with them, and I had the best of results. I can copy expensive dresses for one-fourth of what they would cost ready made and use the best of materials.

My 16-year-old daughter, who attended Baylor College this summer, says the girls told her she had the daintiest and prettiest dresses there. She said she would be walking on the campus and a crowd of girls would pass and remark about her pretty dresses.

My husband is so proud of my sewing that he is always complimenting the things I make. "Thanks to the Woman's Institute." My only regrets are that I did not take up the Course sooner, because we not only save so much on our clothes, but now we have more and nicer ones.

The Institute has also brought a new happiness into our home. It is a joy and pleasure to plan and make a young girl's wardrobe. I am preparing my 19-year-old daughter for State. She is so proud of her dresses and has so many more than usual. I have taken old, partly worn-out dresses and clothes that were out of style and made beautiful new dresses. All the expense would be for trimming or something to combine with them. Two of the prettiest dresses were taffeta and tissue gingham; one, a \$24.50

model, I copied for \$2.85, and the other, a \$19.50 model, I made for \$3.25, which was for 3 yards of gingham, buttons, and cord.

I am very anxious to complete the Dressmaking Course so I can start my Millinery Course. The Woman's Institute has been a great help and inspiration to all of us. We take better care of our clothes and are so proud of them. I learn new things daily and use the knowledge I have gained through the Institute every day, even in mending. I used to give away the old pants and coats, but now, by cleaning, pressing, and turning, make the little boys beautiful and serviceable trousers out of them.

MRS. E. A. SHERRILL,
Beaumont, Texas.

How I Increased Our Family Income

It had always been my desire to learn to do millinery work, but I had never had a chance to learn it until one day when, reading in a *Butterick Quarterly*, I noticed an advertisement of the Woman's Institute. I showed the ad to my husband, and after discussing the question awhile, it was decided that I should have a trial at learning what I wanted most to know.

So immediately I wrote for more detailed information. As a result, I very soon had my first three lessons and was so enthusiastic over them that I almost neglected my housework that I might study more.

I received my first lessons in March, 1920, and, thanks to the Institute, I haven't had to buy a single hat since, for with the knowledge gained from my first lesson and some ideas I got from inspiration, I took an old hat that couldn't possibly have been worn again and some material that I had on hand and made myself the best looking little hat; and no one ever suspected that I had made the hat myself.

Thus my hat-making career began.

Next I made myself a maline hat just like one that I saw in a shop window. The material cost me only \$5 and the model that I patterned from was priced \$27.50.

Then I took some blue crepe de Chine and made a hat for my little 5-year-old daughter.

A friend asked me where I got such a lovely little hat for my daughter, and when I told her that I made it myself she could hardly believe that I did. She then wanted one for each of her two little girls. She was so well pleased with the hats when I got them finished that she wanted me to make a hat for her.

After making those hats just a few words from her informed some of her friends about the work I could do, and I soon had orders to make all the hats that I had the time to make.

I thought it was the grandest thing I ever did when I had learned enough to make my own hats, because I very soon realized how much money I was saving; and as my husband's earnings are not large, I felt that I was helping him also. But when I began to make hats for others and collect real dollars, can you imagine my happiness in being able to add to our little bank account?

The Woman's Institute deserves and shall have the praise for all that I have done. I am now planning to make my own fall and winter hats from some material that I have had for a long time. Before I learned to make hats, I was wondering what I would ever do with these same materials, for then they were worthless to me.

MRS. BELLE BURTON,
Ovalo, Texas.



For full information regarding Courses in Home or Professional Dressmaking, Millinery, or Cookery as taught by the Woman's Institute, address a letter or a postal card to Woman's Institute, Dept. 21, Scranton, Pa.